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Entertainment

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pg 32

Attack sends parking cop to hospital

PUNCHED A Toronto parking enforcement officer is in hospital after he was attacked while ticketing illegally parked cars.

Police say the driver of one of the cars that was tagged drove over to the officer and punched him in the face.

The incident happened in the Danforth neighbourhood.

Passersby helped the officer, but the attacker got away.

The officer is in hospital being treated for minor injuries.

THE CANADIAN PRESS

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Sports pg 24

Golden end to Paralympics

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PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

U.S. President Barack Obama struck a last-minute deal yesterday to secure the final few votes needed to remake America's health-care system. The U.S. House later cleared legislation that will provide health care to tens of millions of Americans.

Bill of health

U.S. House passes historic health-care legislation

Summoned to success by U.S. President Barack Obama, the Democratic-controlled Congress approved historic legislation last night extending health care to tens of millions of uninsured Americans and cracking down on insurance company abuses, a climactic chapter in the century-long quest for near universal coverage.

Widely viewed as dead two months ago, the Senate-passed bill cleared the House on a 219-212 vote, with Republicans unanimous in opposition.

Congressional officials said they expected Obama to sign the bill as early as tomorrow.

A second measure — making changes in the first — was lined up for passage later in the evening. That measure would go to the Senate, where Democratic leaders said they had the votes to pass it.

Crowds of protesters outside the Capitol shouted "just vote no" in a futile attempt to stop the historic vote taking place inside a House packed with lawmakers and ringed with spectators in the galleries above.

Across hours of debate, House Democrats predicted the central bill, costing $940 billion over a decade, would rank with other great social legislation of recent decades.

THE ASSOCIATED PRESS

Social safety net

- Over and over, Democrats stressed the historic nature of the day. The measure represents the biggest expansion of the social safety net since Medicare and Medicaid were enacted in 1965 during U.S. president Lyndon B. Johnson's administration to provide government-funded health-care coverage to the elderly and poor.

Students favour athletic facility

VOTE University of Toronto Scarborough students have voted strongly in favour of helping to finance a high-performance athletic facility on their campus that is central to the city's hosting of the 2015 Pan Am Games.

"This new facility will be an outstanding legacy for generations of UTSC students and the people who live in this region," said Franco Vaccarino, principal of University of Toronto Scarborough.

But a representative of the campaign encouraging students to vote against the levy said students were "duped" into paying for a facility that would have been built anyway.

TORSTAR NEWS SERVICE

62

In a referendum held Wednesday to Friday, 62 per cent of students voted in favour of the financial levy to pay for part of the construction of an international standard aquatic centre and multi-purpose training facility that will include two Olympic-sized swimming pools, a dive tank, an eight-lane 200-metre running track, racquet courts, a sports medicine clinic and other fitness and training facilities.

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You moved mountains and moguls in your quest for the podium.

Getty Images

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Local

Pair arrested on ATM charges

Two Toronto men were arrested in the Durham region after police found ATM-tampering equipment during a routine traffic stop. Robertthurai Ponnuthurai, 39, and Pirabakar Shanmuganathan, 30, face several charges, including unlawful possession of credit card data, attempted fraud over $5,000 and possessing a credit card forgery device. THE CANADIAN PRESS

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Tomorrow's Metro

Comment
Lawrence Martin gives us his take on the Canadian political scene.

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WHAT'S ONLINE TODAY

Video Paralympian Lauren Woolstencroft surprises herself with record-setting gold medal haul at **metronews.ca/canada**

Immigration As the U.S. girds itself for debate on immigration reform, Guidy Mamann compares their approach to Ottawa at **metronews.ca/immigration**

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Hospitals cut back ahead of budget

What's another 12 beds? That's the number of hospital beds St. Michael's Hospital cut this month in anticipation of this week's provincial budget, which is expected to put a lid on hospital funding.

In the face of a $24.7-billion deficit and "unsustainable" growth in health-care funding, the province has signaled that radical reforms are on the way for hospitals.

Across Ontario, hospitals are responding by trimming beds, services and staff — cuts that the Ontario Health Coalition and hospital unions warn are compromising patient care.

But Ontario Hospital Association president Tom Closson says the cuts to date have been "modest" and have not hurt patients.

Still, even he says it's getting close to that. He will be watching the budget closely to ensure hospitals get no less than a two per cent hike on base funding of about $18 billion. Equally important, he says, is the need for a significant investment in community services to offset ongoing cuts to hospitals.

As hospitals admit fewer patients and discharge them faster, people are commonly sent home on intravenous antibiotics, oxygen, dialysis and with open wounds — things that used to keep them in hospital for weeks. The expectation is that visiting nurses and personal support workers will pick up the slack.

Problem is, the community sector has not been adequately funded to manage the increasing demands, concedes Margaret Mottershead, CEO of the Ontario Association of Community Care Access Centres.

And these demands are expected to increase significantly as the health system tries to get a handle on what's known as the "ALC problem." ALC refers to "alternative level of care," something required by 5,000 patients, mostly frail, elderly people, who are now in hospital even though they don't need to be there.

TORSTAR NEWS SERVICE

Known health-care cuts

The number of hospital beds in Ontario has fallen by 56 per cent per capita since 1990. That trend has been continuing in the run-up to the provincial budget. The Ontario Hospital Association has not yet tallied the recent cuts, but they are known to include:

- The physiotherapy clinic at Toronto East General Hospital and the after-hours, pain, audiology and cardiac rehabilitation clinics at St. Joseph's Health Centre;
- 140 jobs and almost 50 beds at Hamilton Health Sciences, which is planning to do 1,200 fewer surgeries next fiscal year; and
- 190 nursing positions at the Ottawa Hospital, where elective surgeries have been postponed and where a reduction in operating room hours is under consideration.

News in brief

CORRECTION York University's Osgoode Hall and Swaminaryan Mandir Marble Temple are not participating in this year's Doors Open Toronto. Incorrect information appeared last week. Metro apologizes for the error.

ROBBERY A suspect in a theft of jewelry from a dying elderly woman in a Toronto hospital was himself taken into hospital yesterday. Marcus Marinoni was to have appeared in court, but requested unspecified medical attention instead. Police arrested the 26-year-old Marinoni on Saturday. They accuse him and an accomplice of stealing $7,000 in jewelry from the 83-year-old patient last week. Police said Marinoni had been taunting them before his arrest. His co-accused, Isaac Lewkowicz, 29, appeared for a bail hearing on Friday and his case was adjourned until tomorrow.

METRO NEWS SERVICES

ANDREW WALLACE/TORSTAR NEWS SERVICE

A woman walks through the Yellow Beacon garden display at Canada Blooms. The garden was sponsored by the Canadian Cancer Society.

Canada Blooms reaches new attendance mark

RECORD Gardening isn't all pansies and petunias.

Rocks, dirt, concrete, wood — and muscles — also play a major role, as was proven by teams of community college students who "landscaped" for this year's record crowds attending the Canada Blooms show.

"I grew up on a farm and I'm used to hard work," said Melissa Sparling, 22, of Bayfield, Ont., as she lugged 60-pound stones around the patio she was building. Then she grabbed a wheelbarrow full of bricks, adding, "I love plants, but it is a lot more than plants."

As people celebrated the first days of spring, smelling the hyacinths and daffodils which festooned the Direct Energy Centre, students from four colleges toiled with saws and shovels to create identical stone garden structures.

This year's Canada Blooms Show drew 90,000 people, a 20 per cent increase over last year, reports Gerry Ginsberg, the show's general manager. The warm weather that greeted the show's opening on Wednesday and lasted for its first three days helped draw the crowds, as did an appearance by Martha Stewart on Saturday, the first day of spring.

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370

Atlantic Packaging Products' Whitby plant to shut down

Paper and cardboard company Atlantic Packaging Products is closing its recycled newsprint plant in Whitby, citing a "drastic" decline in North American newsprint demand. The move affects 151 employees, which was Canada's first 100 per cent recycled newsprint plant. THE CANADIAN PRESS

TCH chair recalls youth in projects

Tall and serious, David Mitchell is the first chair of Toronto Community Housing to have actually grown up in one of the city's projects.

His boyhood home, Lawrence Heights, has been deemed so ugly and isolated that TCH just announced a $350-million, 20-year teardown and rebuild.

But Mitchell is not going to slag it. "It was a very enjoyable life, really," he says of the late 1970s and early '80s, when he lived in a three-bedroom townhouse with his mother and four brothers.

Mitchell talks about shovelling snow to save money to buy a bike at Canadian Tire. He smiles when he mentions how sharing a room and a double bed helped him learn "co-operation skills."

The 43-year-old is both the part-time chair of TCH and the full-time superintendent of Mimico Correctional Centre. He's spent two decades working in jails and has a law enforcer's measured speech.

DENISE BANKSSON/TORSTAR NEWS SERVICE

David Mitchell, chair of Toronto Community Housing, stands outside one of the new apartment buildings at Regent Park. Mitchell grew up in the Lawrence Heights projects.

Born in England, Mitchell moved to Canada with his parents when he was six, the oldest of his brothers.

For a while, the family lived in apartments and houses near the Don Mills "Peanut Plaza." When he was nine, his parents split up as his mother was pregnant with her fifth son.

They moved to Lawrence Heights, and by high school, the differences between Mitchell's area and the surrounding neighbourhoods started to become obvious, as his peers began to drop out of high school, get pregnant, or have run-ins with the law.

Mitchell credits his own will to stay on the straight and narrow to his Jamaican mother, who brought all of her sons to Seventh Day Adventist church, and who instilled her oldest with a sense of responsibility.

"There's a likelihood that if I had ended up in the criminal justice system as a client ... that my brothers may have ended up there as well," says Mitchell, who worked as a maid during high school.

TORSTAR NEWS SERVICE

News in brief

DRINKS Non-cola soft drinks could soon be spiked with an eye-opening ingredient — the caffeine that's already added to colas. Health Canada has announced it is authorizing the use of caffeine in all carbonated soft drinks, not just cola-type beverages — but can only put in about three-quarters of the caffeine allowed in colas.

READING As part of its Keep Toronto Reading festival, the Toronto Public Library sent 99 red-covered journals into the community, purposely losing them for others to find. Each journal invites its finder to write about their favourite book and then pass the journal on.

METRO NEWS SERVICES

Better safety could have prevented chemistry accident: Expert

MISSISSAUGA A lab safety expert who has studied thousands of cases of classroom experiments gone wrong believes the accident at a Mississauga high school was not a "freak accident" and could have been prevented with better safety equipment.

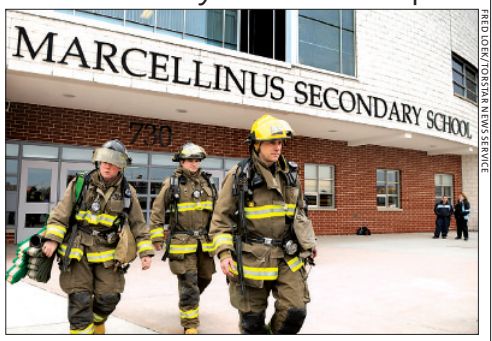
A routine experiment in a chemistry class at St. Marcellinus Secondary School exploded into flames two weeks ago when a Bunsen burner ignited a beaker full of methanol. The accident sent five students to hospital, one of whom is still in critical condition.

As students return to class after March break today, there are still few details around if safety processes were correctly being followed in the class at the time.

The Ministry of Labour, the school board and local fire department are all trying to piece together what went wrong.

But James Kaufman, the CEO of the U.S-based Laboratory Safety Institute, a non-profit organization promoting safety in science, says it's clear which safety procedures were not in place.

"I have studied over 5,000 laboratory accidents, and I cannot recall one where anyone was hurt when there was a safety shield between the experiment and the children," said Kaufman.



FRED LUM/TORSTAR NEWS SERVICE

Emergency personnel leave St. Marcellinus Secondary School in this file photo.

TORSTAR NEWS SERVICE

G20 struggles to deal with China, U.S. conflicts

SUMMIT Differences between China and the U.S. could undermine the G20 summit that Canada is hosting this summer, and are calling into question the continued existence of the new world club.

As the summit's host, and because it is seen as an honest broker, many G20 countries are looking to Canada to sort out the differences, which are rapidly escalating, sources tell The Canadian Press.

Stephen Harper

But that's easier said than done.

"The G20 worked well as long as the single goal was to avert catastrophe. Now the hard part is beginning," said Wendy Dobson, co-director of the Institute for International Business at the University of Toronto's Rotman School of Management.

"Leaders must keep their eyes fixed on medium-term reforms and lead. If they fail to do so in the next two years we will have to ask whether the G20 can survive the global financial crisis."

The key goal of June's G20 summit in Toronto is to stabilize the global economy for years to come, Prime Minister Stephen Harper stated last week. Central to that goal is finding ways for China to do less global selling, and the United States to do less buying and borrowing.

THE CANADIAN PRESS

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GO hikes fares by 25 cents

GO Transit increased its fares Saturday for buses and trains. The increase of 25 cents will affect all routes, regardless of the distance travelled. The fare increase will be used to cover existing operating costs. THE CANADIAN PRESS

Beginning of the end for Toronto 18 case

The final chapter of the Toronto 18 homegrown terror cell story is scheduled to start today, as the trial for the three remaining members accused of belonging to the group gets underway in a Brampton court.

Fahim Ahmad, Steven Chand and Asad Ansari have been awaiting trial since June 2006, when they were among 14 adults and four youths charged with belonging to a cell plotting a terror attack on Canada in retaliation for its military involvement in Afghanistan.

Since then, there have been numerous pre-trial motions in this landmark case, which is one of the largest terrorism trials in Canadian history.

Charges

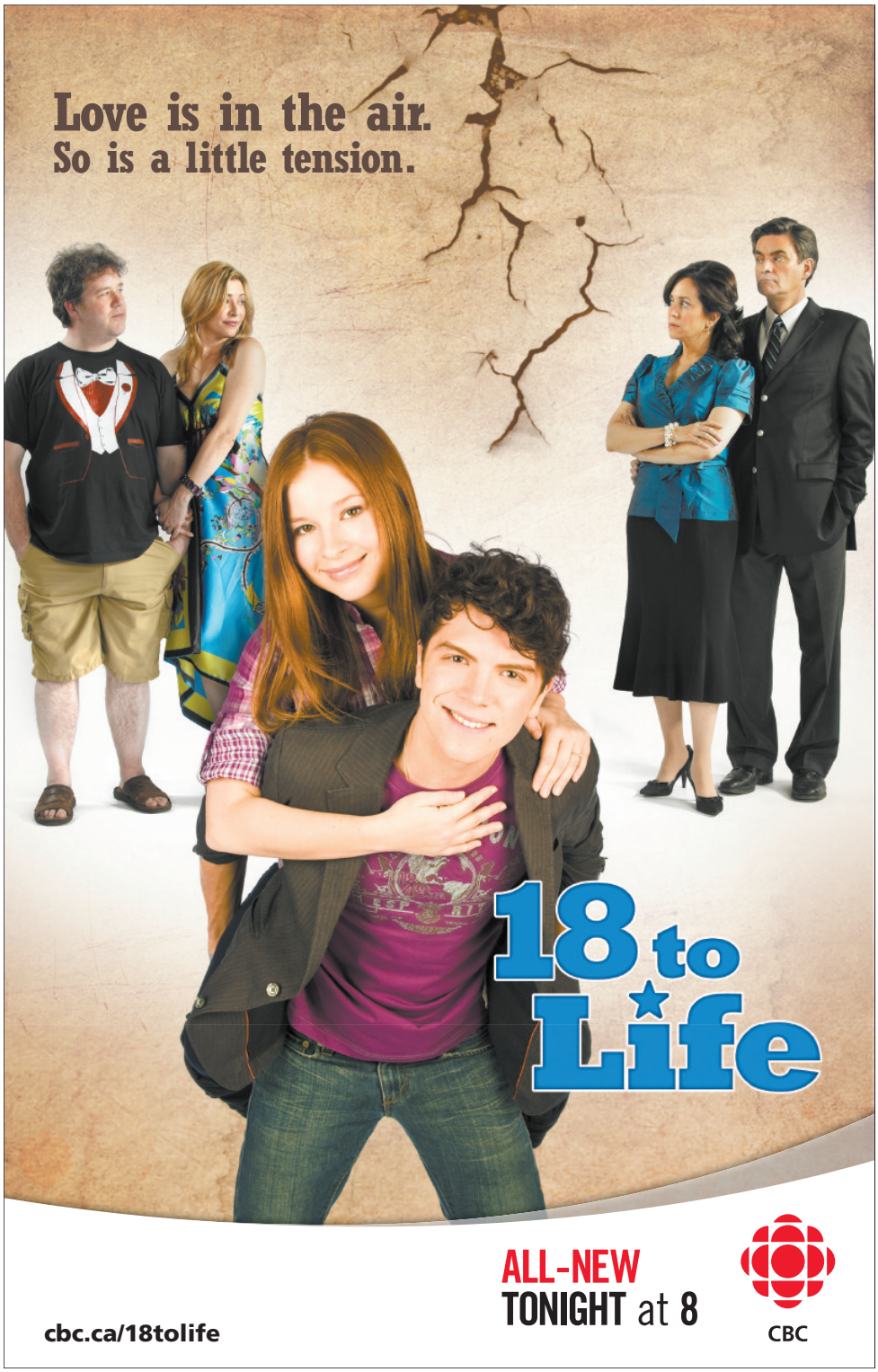
- Fahim Ahmad, Steven Chand and Asad Ansari are charged with knowingly contributing to, directly or indirectly, a terrorist group for the purpose of enhancing the ability of the group to carry out an act of terror. Ahmad is also charged with importing firearms for the benefit of a terrorist group, as well as instructing co-accused to act for the benefit of a terrorist group.

Today, the court will begin the arduous task of vetting 1,168 prospective jurors. It's expected it will take about a week and a half to weed out those who, for various reasons, cannot sit through the trial, which could last up to two months.

Then lawyers will begin to whittle down the pool of prospective jurors with a list of carefully crafted questions, until the 12 jurors are chosen. The selection process could last up to a month.

Only then will the trial begin, with opening arguments and witnesses taking the stand to give evidence in the case of the accused, all of whom are from Scarborough.

TORSTAR NEWS SERVICE



Vancouver **One princely prize**

DARRYL DYCK/THE CANADIAN PRESS

Prince Edward, Earl of Wessex, stands with Catherine Short of Toronto Friday after presenting her with a Duke of Edinburgh's Award at Point Grey Secondary School in Vancouver, B.C. The awards are given to Canadians between the ages of 14 and 25 who take part in various youth groups.

Toronto doctor returns from Haiti

AID For Dr. Mike Christian, coming home was the hard part. "There's always more to do in places like Haiti," said the Toronto critical care doctor, who worked 18 hours a day for five and a half weeks at a Canadian Forces field hospital. He arrived back in Toronto March 4.

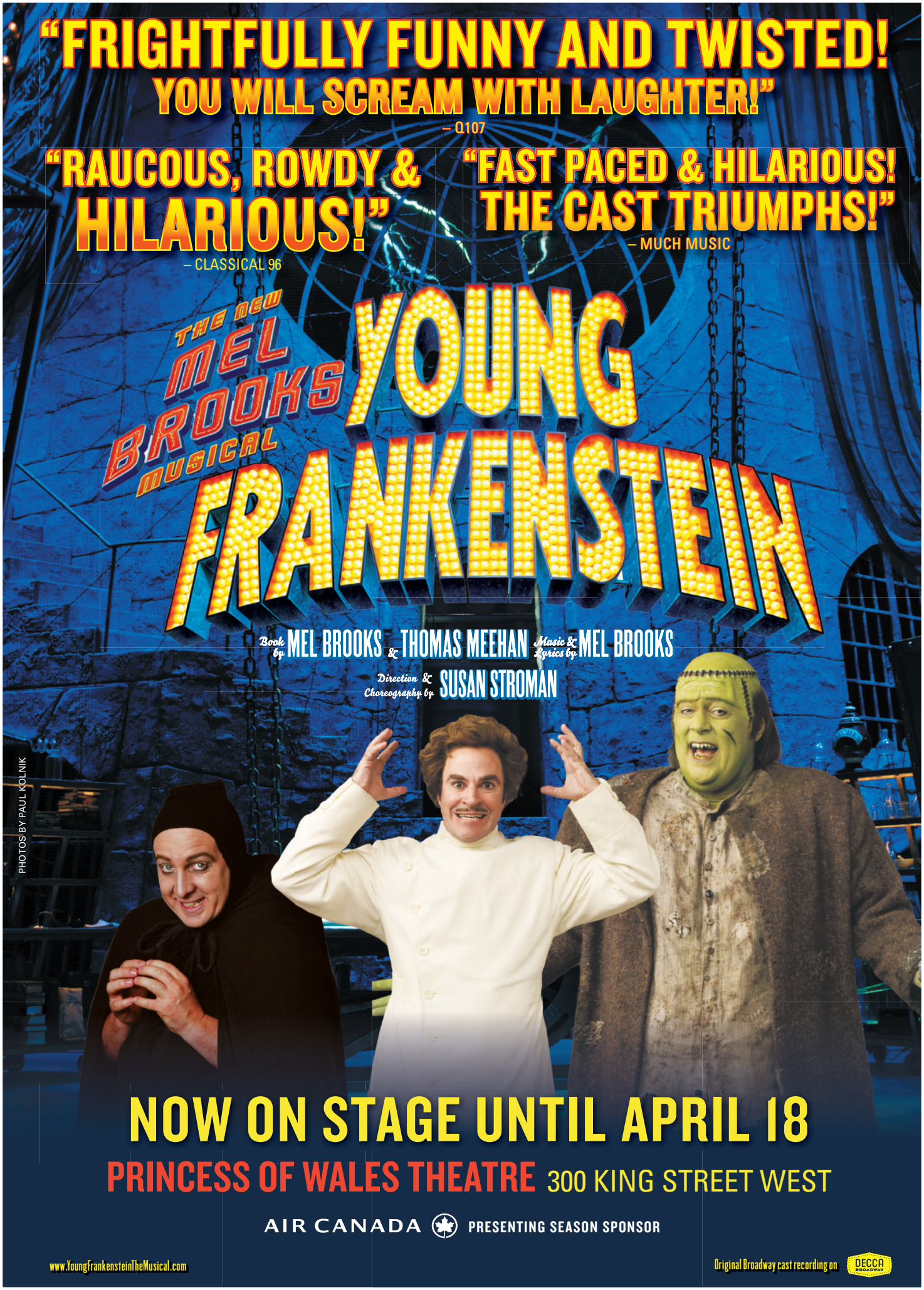
Christian, who has posts with both Mount Sinai Hospital and the Canadian Forces Health Services Group, got the call to go to Haiti Jan. 15 — his first overseas deployment. By the next day, he was at CFB Petawawa helping pack up the 1 Canadian Field Hospital that included surgical suites, X-ray and ultrasound machines, a pharmacy, a laboratory and 150 staff. He was later sent to Leogane, about two hours away from Port-au-Prince.

Many of the patients were forced to seek help for conditions they had before the quake: "These patients had medications, but had lost them when their houses collapsed. There were no pharmacies any more, and where we were in Leogane a number of physicians had died," he said.

TORSTAR NEWS SERVICE

News in brief

COURT Three men accused of taking part in gang sexual assaults against four women have been granted bail in a Toronto court. Police say the proceedings are under a publication ban. Hyung Jun Ha, 26, and Sang Cheol Lee, 37, both of Toronto, along with Jong Il Lee, 33, of Orangeville, are charged with several offences, including gang sexual assault, forcible confinement and threatening death. Canada-wide warrants have been issued for Jin Hyun Kim, 33, Yoon Hyun Cho, 26, and Jung Jay Lee, 26, all of Toronto. Police allege the assaults happened between the fall of 2009 and last month after the accused met the victims through a Korean community church. THE CANADIAN PRESS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Man hit and killed by car in Pickering
Police are still trying to identify a man who was run over and killed by a car in Pickering early Saturday night. Police say the man is between 55 and 65 years old, is about five-foot-seven, and has grey-reddish hair and beard. THE CANADIAN PRESS

It's going to cost more green to be green

Ontario consumers will see an increase in hydro bills to cover energy program

Consumers will struggle when they see an increase in their hydro bills in Ontario, say critics, after the Liberals revealed Saturday that a new levy will help cover $53 million of the government's conservation and green energy program.

The regulation, entitled "Assessments for Ministry of Energy and Infrastructure Conservation and Renewable Energy Program Costs" has not been announced yet, but Liberals said the levy will likely appear on hydro bills in May.

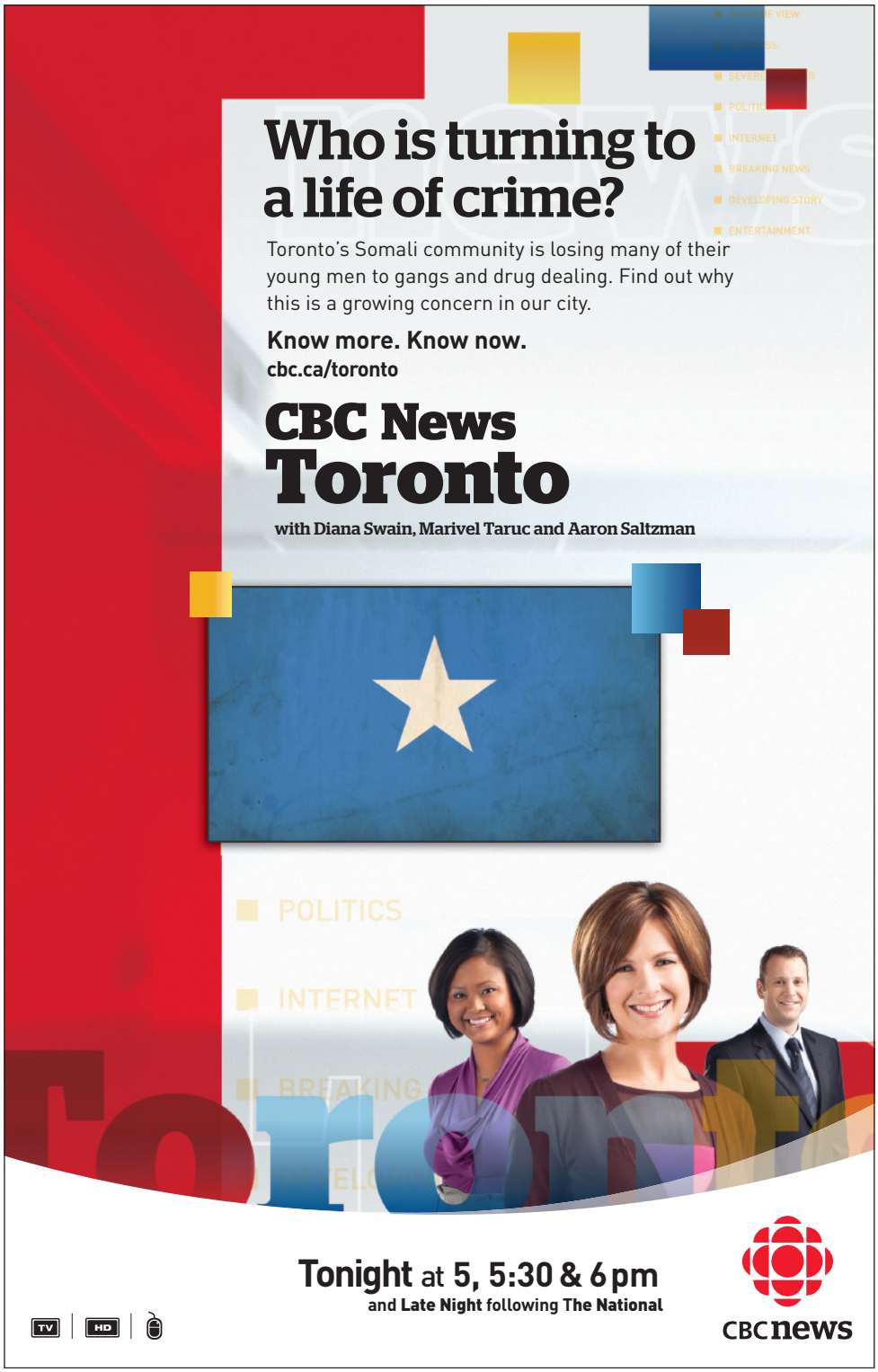
It comes as consumers are hit with the 13 per cent harmonized sales tax on consumer goods and as smart meters are rolled in.

The Liberals said the cost will be minimal, adding up to a $4 annual increase over the course of a year.

"You're looking at four dollars a year, which is a bargain when you compare it with the alternatives, which is investing much more than that to build nuclear or other types of infrastructure," said Energy and Infrastructure Minister Brad Duguid.

But critics lashed out, calling it a hidden tax, saying ratepayers will already be beleaguered by the merging of the provincial sales tax and federal goods and service tax July 1. The harmonization will mean customers will pay 13 per cent instead of five per cent on their hydro bills.

"It's not only a tax, it's a hidden tax. It's really low," said Progressive Conservative energy critic John Yakabuski. THE CANADIAN PRESS



High Park **Hot dog!**

DARREN CALABRESE/THE CANADIAN PRESS

A woman walks her dog in High Park Friday, which was the last official day of winter, while enjoying the unseasonably warm 18 C weather. The high of 18 C Friday set a new record for March 19 since records started being kept in 1938.

Ministry says mysterious bat illness detected in Ontario

DISEASE A mysterious illness that has killed upwards of 500,000 bats in the northeastern United States has now been detected in the animals in Ontario.

The Ministry of Natural Resources is confirming the first case of bats with a disease known as white-nose syndrome in the Bancroft-Minden area in eastern Ontario.

It is unknown exactly how the syndrome kills bats, but some researchers think the fungus acts as an irritant, causing the bat to awaken from its hibernation period early and often. That leads the animals to burn through their energy reserve and starve to death.

There is no known human health risk associated with this illness, but it has been linked to the deaths of a small number of bats in Ontario.

People are asked to stay away from caves and abandoned mines where bats may be present, and to avoid touching bats, whether living or dead, as a small percentage carry rabies.

THE CANADIAN PRESS

News in brief

STABBING Police have identified the victim of an early morning stabbing outside a club in Vaughan. Roger Samaroo, 26, of Toronto died after he was stabbed during an altercation in the parking lot outside the Coconut Lounge on Steeles Avenue West Saturday. Police say they responded to a weapons call shortly after 3:30 a.m. and found three individuals who had been stabbed. Two other individuals from Toronto, a 26-year-old and 22-year-old, suffered non-life-threatening injuries and have been released from hospital.

THE CANADIAN PRESS

HUMBER

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Nova Scotia police search for suspect after car drives into house

Police in Cape Breton, N.S., are searching for a suspect after a car drove into the front of a house. The incident happened yesterday around 6:30 a.m. in New Waterford. THE CANADIAN PRESS

Canada 60

Tweet your Earth Hour ideas

Earth Hour is Saturday at 8:30 p.m. What will you be doing? This week, we'll share some tweets from Metro readers. @giddyupsales: "Earth hr: invite friends + kids for a candle lit dinner + walk in our neighbourhood ending up at the park to play in the dark." Send your Earth Hour tweets to @metrotoronto.

Winnipeg **Big bowl of oatmeal breaks record**

DAVID LIPNOWSKI/THE CANADIAN PRESS

From left, MLA Cliff Graydon, Manitoba Liberal party Leader Dr. Jon Gerrard, and Minister for Manitoba Agriculture, Food, and Rural Initiatives Stan Struthers stir a pot of oatmeal Friday during a successful attempt at the Guinness World Record for largest bowl of oatmeal at the opening ceremonies of Agriculture in the City at the Forks Market in Winnipeg.

UN cutting Afghan staff

Kandahar is a city on the knife's edge.

Rising violence and NATO's unfolding offensive in the area has prompted the United Nations and other relief organizations to step out of the way.

The UN is in the process of cutting its foreign staff level in the southern city as part of a security review, said Susan Manuel, a UN spokeswoman.

Last week, NATO's top commander in Afghanistan, U.S. Gen. Stanley McChrystal, declared the operation to root out insurgents in Kandahar was underway. But rather than opening with a D-Day-like assault as in Marjah, next door in Helmand province, he said the Kandahar offensive would be rolled out in stages.

Manuel said the UN security review is not reaction to the military push as much as it's a response to the overall situation in Kandahar, the spiritual home of the Taliban. A series of five co-ordinated bombings in the city March 13-14 left 35 people dead.

But a senior Canadian officer said he believed the concerns are misplaced and despite their spectacular nature, the recent Taliban assaults were failures. Lt.-Col. Roch Pelletier also challenged the perception the city was besieged and under constant threat. THE CANADIAN PRESS

Another B.C. avalanche kills two

DEATHS A third deadly B.C. avalanche in a week killed two French skiers Saturday as they were coming down a mountain after being dropped off by helicopter.

The Valemount RCMP said a slide in Wells Gray provincial park near MacAndrew Lake buried three skiers, killing two men, aged 65 and 19.

The third man caught in the slide was rescued without injuries, the RCMP said in a news release. THE CANADIAN PRESS

Canada faces tough task with China, U.S. tensions at G20.

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Suspect in van hijacking arrested
A 28-year-old man suspected of hijacking a van at knife-point is under arrest after crashing the vehicle at Innisfil, southeast of Barrie. THE CANADIAN PRESS

Duceppe under fire

BQ leader described sovereignty as 'resistance' movement

The Bloc Québécois' hint at Nazi-era terminology to define its relationship with Canada ranks among the most absurd statements ever made by sovereigntists, Foreign Affairs Minister Lawrence Cannon said yesterday.

Senior members of the federal government excoriated Gilles Duceppe for describing Quebec sovereignty as a "resistance" movement — a term generally associated with the struggle to free Europe of Nazism.

Ottawa wants the leader of the Bloc Québécois to explain the remark that drew parallels between the Quebec sovereignty movement and French resistance against the Nazi regime. The speech drawing so much fire was made during the Bloc's weekend general council meeting, where delegates were marking the party's upcoming 20th anniversary.

Cannon

"For now, we're members of a resistance movement," Duceppe told the crowd. "But members of today's resistance movement are tomorrow's victors. Long live a sovereign Quebec!"

Cannon slammed the comments as both "outrageous" and "desperate."

Duceppe denied his comments were a direct comparison to France's resistance movement, claiming his speech was inspired by prominent Quebec author and unionist Pierre Vadeboncoeur, who died last February.

THE CANADIAN PRESS

News in brief

LOTTO WINNER One of two winning ticket's for Saturday's $41-million lottery jackpot was sold in the London, Ont., area. Gaming officials say the other Lotto 6/49 ticket — also worth $20.6 million — was bought in Edmonton. Winners have a year to collect their prize, but can show up as early as today morning. A single ticket won more than $54 million in October 2005. THE CANADIAN PRESS

Hansen launches fundraiser

MISSION Twenty-five years ago, Rick Hansen sat in a Vancouver shopping mall pondering the 110-plus kilometres per day he was planning to propel himself daily in his wheelchair.

It was Day 1 of the Man In Motion tour. Some 26 months later, Hansen had journeyed across 34 countries and four continents.

With that spirit as inspiration, Hansen launched a new $200-million campaign for spinal cord injury research running until the anniversary of his tour's end, May 22, 2012.

Hansen says his new global institute will fund and formalize research centres across Canada and then branch out to connect those around world.

THE CANADIAN PRESS

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Guelph company announces layoffs
Hitachi Construction Truck Manufacturing says it is laying off more than 80 employees due to reduced demand for its dump trucks. THE CANADIAN PRESS

The 'Cult of Danny'

Premier Danny Williams is off-the-charts popular, but his supremacy in one of Canada's most lopsided legislatures has a dark side, critics say.

In some political circles in Newfoundland and Labrador, they call it the "Cult of Danny." It's a phenomenon that embraces strong leadership as much as it seems to tolerate strong-arm control tactics and a flair for verbal bashing.

Danny Williams

"Why do people put so much hope in one person?" wonders Lorraine Michael, the sole New Democrat in a Gang of Five opposition that includes four Liberals. "We do have a personality cult mentality here in Newfoundland and Labrador, and a lot is based on his personality."

Once a fresh political session starts today, the outgunned opposition will face 43 Progressive Conservatives led by Williams with a shoot-from-the-lip style many voters support.

Two independent polls earlier this month suggest stratospheric personal and government approval ratings of 80 to 93 per cent — eclipsing other premiers both present and past.

People love to exalt a hero, Michael said, recalling the decades when Liberal premier Joey Smallwood ran the province. "It seems to be part of the Newfoundland psyche."

But you'd better stay on the hero's good side, say political observers. No one knows that better than Prime Minister Stephen Harper, who was shut out of all seven federal seats in the province in 2008.

THE CANADIAN PRESS

Montreal **Workers unite outside premier's office**

GRAHAM HUGHES/THE CANADIAN PRESS

Demonstrators for public-sector workers gather Saturday outside the offices of Quebec Premier Jean Charest for a protest over lagging contract talks.

Face mask ban debate heats up

MONTREAL The question of whether protesters should be banned from wearing face masks is pitting civil libertarians against Montreal's police force, and the cops appear to be losing.

City Hall has washed its hands of the issue a year after floating the idea of a mask ban. No other Canadian city has such a bylaw, and civil liberties organizations say unmasking protesters is an affront to freedom of expression.

It's the same group of protesters that routinely causes trouble at Montreal's annual demonstration against police brutality, police say. Following clashes at last Monday's protest, Chief Insp. Sylvain Lemay said protesters who hide their faces are up to no good. Human rights groups say the changes open the door to potential abuses. THE CANADIAN PRESS

First Nation racks up huge debt

MANITOBA The federal government has stepped in to co-manage Manitoba's largest First Nation after the band's debt has ballooned to $20 million this year. An audit of the band's finances has been going on for a year.

Chief Glenn Hudson said at a news conference Saturday that the former chief made "well over $333,000" in his last year in office. Since Hudson took over as chief two years ago, he said he's capped his salary at $170,000 per year, and $140,000 for councillors.

Those salaries are more than what Winnipeg's mayor, Manitoba's premier and nearly every one of the province's MPs make in a year.

Hudson admitted in a letter last year that overspending led to the First Nation's debt.

The Peguis First Nation received close to $32 million last year in taxpayer money for about 8,000 citizens, but spent almost $49 million. THE CANADIAN PRESS

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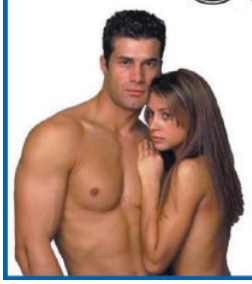
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Donors raise $850M for Darfur

An international donors conference raised $850 million US for projects intended to ensure the safe return of nearly three million people displaced during the war in the Sudanese region of Darfur. THE ASSOCIATED PRESS

World

Ayatollah blasts Obama overture

Iran's supreme leader sharply denounced the United States yesterday, accusing it of plotting to overthrow his country's clerical leadership, in a chilly response to an overture by U.S. President Barack Obama for better cultural ties with Iran. Ayatollah Ali Khamenei did not reject Obama's offer outright, saying Iran would keep an eye on Washington's intentions. But the supreme leader said that so far, Washington's offers of engagement with Tehran have been a deception. THE ASSOCIATED PRESS

Don't judge sinners, Pope tells Catholics

Pope Benedict XVI urged Catholics yesterday to refrain from judging sinners, a day after he rebuked Irish bishops for their handling of a half-century of sexual abuse of minors by clergy.

While the Pope made no mention of the Vatican's widely criticized policy of cloaking abuse allegations in secrecy, a Swiss churchman called for the Holy See to start a registry of molester clergy to avoid more shuttling by bishops of pedophile priests from parish to parish.

The pontiff didn't mention his letter chastising Ireland's church hierarchy as he made his weekly appearance yesterday from his studio window overlooking St. Peter's Square. He cited the Gospel passage about Jesus inviting those without sin to cast the first stone toward an adulterer.

"Every single case darkens the face of the entire church."
Archbishop Robert Zollitsch

"While acknowledging her sin, he does not condemn her, but urges her to sin no more," Benedict told English-speaking pilgrims in the square.

"Trusting in his great mercy toward us, we humbly beg his forgiveness for our own failings."

In Germany, meanwhile, the news magazine Focus quoted the head of the German Bishops Conference yesterday as acknowledging that Roman Catholic church consciously covered up cases of sexual abuse.

Archbishop Robert Zollitsch of Freiburg said that while most cases happened outside the church, "assaults that took place in such numbers within our institutions shame and frighten me."

"Every single case darkens the face of the entire church," he said.

THE ASSOCIATED PRESS

India **Henna art**

AJIT SOLANKI/THE ASSOCIATED PRESS

Brides show henna art on their palms as they pose for photographs, as other brides wait in the background before a Muslim mass marriage in Ahmadabad, India, yesterday. A total of 201 Muslim couples got married during the mass marriage organized by the Gujarat Sarvajanik Welfare Trust for the economically disadvantaged members of the community.

Internet fuels illegal wildlife trade: Officials

ANIMALS The Internet has emerged as one of the greatest threats to rare species, fueling the illegal wildlife trade and making it easier to buy everything from live baby lions to wine made from tiger bones, conservationists and law enforcement officers said yesterday.

The web's impact was made clear at the meeting of the 175-nation Convention on International Trade in Endangered Species, or CITES. Delegates voted overwhelmingly yesterday to ban the trade of the Kaiser's spotted newt, which the World Wildlife Fund says has been devastated by the Internet trade.

A proposal from the United States and Sweden to regulate the trade in red and pink coral — which is sold extensively on the web — was defeated. Delegates voted the idea down mostly over concerns the increased regulations might impact poor fishing communities. Trade on the web poses "one of the biggest challenges facing CITES," said Paul Todd, a campaign manager for the International Fund for Animal Welfare. THE ASSOCIATED PRESS

News in brief

ERUPTION A volcano erupted in southern Iceland yesterday, shooting ash and molten lava into the air and forcing the evacuation of nearby villages. There were no reports of injuries or damage from the Eyjafjallajokull volcano, but a state of emergency was declared and scientists feared the eruption could trigger a larger and more dangerous eruption. THE ASSOCIATED PRESS

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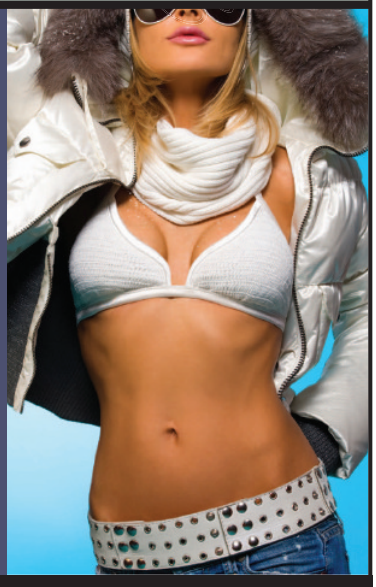

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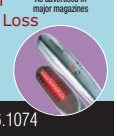

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ETA suspect charged in cop's death
Homicide charges have been filed against a suspected member of Basque separatist group ETA after a shootout that killed a French police officer. THE ASSOCIATED PRESS

world 17

Netanyahu unmoved

Israeli PM sticks to stance on housing project

Israeli Prime Minister Benjamin Netanyahu yesterday declared that Israel would not restrict construction in east Jerusalem — sticking to a tough position hours before he set off on his first trip to Washington since a diplomatic dispute erupted between the two allies.

Netanyahu also said he was willing to broaden indirect talks with the Palestinians to include the main issues dividing them. The prime minister originally had wanted to put off a discussion of issues like the status of contested east Jerusalem, final borders and the fate of Palestinian refugees until direct talks are launched.

Netanyahu's refusal to budge on east Jerusalem — whose fate lies at the crux of the Israeli-Palestinian conflict — defies a U.S. demand to cancel a major new housing project at the heart of the feud. But in confidential talks, he apparently offered enough steps to prompt U.S. Secretary of State Hillary Rodham Clinton to call them "useful and productive" and dispatch an envoy back to the region this week. U.S. envoy George Mitchell described ties between the U.S. and Israel as "unshakable."

THE ASSOCIATED PRESS

Talks with Obama scheduled

- Israeli Prime Minister Benjamin Netanyahu left for Washington last night to address the annual conference of the pro-Israel lobby in the U.S. He meets U.S. President Barack Obama tomorrow.

Thailand **Taking it easy?**

DAVID LONGSTREATH/THE ASSOCIATED PRESS

Anti-government demonstrators gather yesterday during a rally in Bangkok, Thailand. Anti-government demonstrators were taking things easy following a massive caravan through Bangkok Saturday that police are saying attracted more than 100,000 participants.

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Jason Alexander

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Comment

Supervisors taking it to the streets

InTransit

Ed Drass

metronews.ca/intransit

Growing traffic congestion in Toronto is making it harder to keep buses and streetcars evenly spaced. To avoid big gaps between vehicles, the TTC is now trying a mix of old and new techniques. One big change involves taking managers from behind office computers that monitor service and assigning them to street corners.

Supervisors are moving from individual bus garages to a single monitoring location while others are being sent to key observation spots across the network.

Allen Chocorlan of TTC bus operations says two trials in 2009 showed that increased eyes on the street resulted in less customer complaints, as well as fewer assaults on bus drivers.

Quick tip

• Details from the TTC have been confusing, but it seems an eastern section of the 501 Queen route may be replaced by buses during middays this week. Try ttc.ca or 416-393-4636 for info.

Streetcars are particularly vulnerable to traffic disruptions including vehicle collisions that block tracks. Customers can also gum up the works, often by not having the right fare. Despite having its own newly-expanded right-of-way, the 512 St. Clair line is not immune to delay and on-site managers still must talk with drivers to determine what is causing gaps or bunching.

James Fraser of TTC rail transportation admits service on the 512 was poor in January but has improved a lot. He says, "The supervisor does build a relationship with the folks on the line, and that's why … we've put some of our most experienced supervisors up there (on St. Clair) to make sure that they can deal with some of our operators that potentially don't have the experience of the rest, give them pointers and make sure that they change the way that they're operating."

Will the portable data devices being tested mean that TTC riders can expect less crowding or short-turns?

Fraser says the machines can "give the supervisor on the route a tremendous advantage to know what's coming at him. He can actually see where all the vehicles are on the line and know what adjustments he has to make to the cars as they're going by. Are we there yet? No. Will that provide significant advantages? Yes."

Knowing how much trouble the TTC has had improving reliability on the 501 Queen car I remain skeptical — but we can hope.

Toronto-based transport writer Ed Drass covers transit issues every Monday; transit@eddrass.com.

Views

You never know what you've got till it's gone

HineSight

Anne Hines

metronews.ca/hinesight

Andres, Jim, Guiliano. Lately I've been seeing a lot of men. This can only mean one of two things — a) My 19-year-old daughter is home from university; b) I've entered the world of home renovations.

Yes, Liz and I are renovating. Every day our house is full of men. I never know when they'll show up. I never know what they'll want to do. It's like I'm running a brothel. Except that the length of time they spend is way longer and I have to pay them. So, really, it's like I'm running a bad brothel.

I now understand "worker speak." For instance, "I don't know why the last guy did it like that" is a standard opening remark to any job and means, "Whatever happens isn't my fault ... but if it works out, I'm a hero."

And I participate hourly in conversations like:

Me: We'd like the dishwasher over there.

Contractor: Oh, it can't go there.

Me: But there's one there now.

Contractor: I don't know why the last guy did it like that.

So what's the one thing we can do when life hands us a difficult, frustrating situation? Whine and complain to anyone who will listen, of course. But, also, try to pass on what you've learned. Here's my renovating wisdom.

Before you start any renovation, ask yourself this question: Am I really ready for this?

Answer: No. You're not. Wasn't that easy?

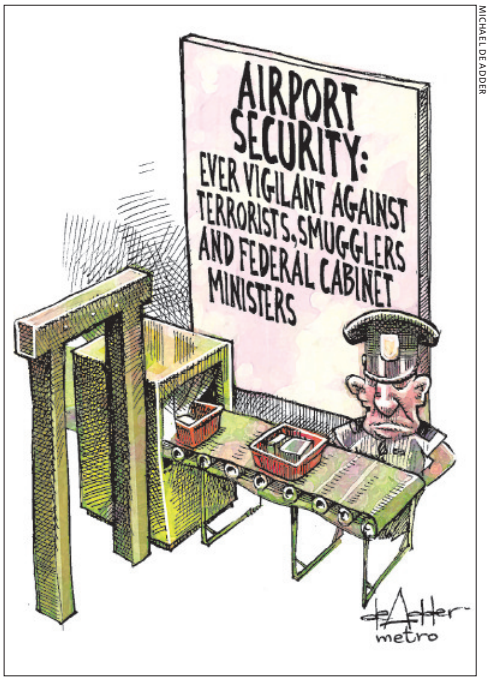
Post photos around your home of fabulous, beautiful buildings such as the pyramids or the Taj Mahal to serve as inspiration. Not because this is how your place will look, but to remind you of how long it's likely to take to complete.

Trust the old adage, "You never know what you've got till it's gone." So far, for Liz and I, this has applied to running water, electricity and the plumber we let go because we thought we could find someone cheaper.

Sometimes dreams have to be rethought. Three months ago, Liz and I dreamed of having a beautiful kitchen. Now we dream of not having a stove in the middle of our eating area.

Remember, renovations are like living. There's no such thing as a schedule. Kindness beats out yelling every time. And the point when everything is lying in a heap of rubble on the floor is also the point when rebuilding can begin. Whether it's a beautiful new kitchen, or a wonderful new life.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

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Product Hailed by Doctors as the Solution to Bloating, Constipation and Weight Gain.

Doctor formulated, all-natural product has changed the lives of people throughout North America. Dr. Michael Ho announced, he is giving 50% off to all readers of the Metro Newspaper. For the Spring Sale rush, each customer is limited to 5 Detox Packages.

Spring is here! Lose weight and get healthy: This week only. Get doctor formulated detox system for 50% off.

Stephanie Charron
Health & Lifestyle

If you're like me, food is my best and worst friend. It's always there to comfort me and bring a smile to my face, but it's also the root of my unhappiness. When I look in the mirror or when my shirt / pant buttons scream for their life, I'm reminded about how I can't control my cravings and appetite. I have struggled with my weight and have tried everything. However, after a visit to the doctor, I have a completely new understanding of my body's ability to lose weight. Years of dieting have affected my ability to lose weight, but after consulting with Dr. Michael Ho, I have lost weight, regained the energy and I feel like a happy, healthy 34 yr old. "The reason most people can't lose weight is because of their hormonal imbalance caused by chemicals in foods, stress and a poor digestive system - preventing daily elimination." says Dr. Michael Ho.

IMPROVES DIGESTIVE HEALTH
DR-HO'S Digestive Detox helps relieve bloating, constipation & gas, and helps improve regularity with no cramping or rushing to the washroom. You are always in control.

Dr. Michael Ho is a doctor with over 20 years of clinical experience, specializing in drug-free treatments for Canadians. He has studied and worked in countries throughout the world and has devoted his life to Health and Medicine. Dr. Ho has been recognized for his ability to Identify and correct the cause of the problem, providing long term solutions for his patients. He states, "One of the most vital health factors is our digestion. Irregularity causes toxic build up, which can lead to bloating, constipation, fatigue, hormonal imbalance and weight gain."

After extensive research and testing, Dr. Ho developed a natural detoxifying supplement for his patients. "This product is 100% natural and is comprised of vegetarian capsules, fibre and tea."

Patients experience tremendous results and detox has become one of the most recommended therapies to help improve digestion, reduce bloating and improve ability to lose weight. A clean digestive system is essential to increase your fat burning metabolism and strengthen your immune system.

Digestive problems can affect both your weight and health. Until the colon is cleansed and the toxins removed, nutrients will not properly absorb, and your poor digestion can cause constipation, gas, bloating, IBS, headaches and weight gain.

If you want to lose weight and get healthy, you need to cleanse your system of all the processed and synthetic foods, greasy foods and chemically treated meats that can be making you sick and fat. Dr.Ho's Detox helps remove build up, toxins and chemicals to increase your metabolism and help restore your health and weight.

DR-HO'S Detox also meets the strict requirements for safety and effectiveness and is made with the highest quality ingredients found in North America. DR-HO'S Detox will not cause diarrhea, cramping or fatigue and is recommended by doctors for anyone looking to lose weight and improve their digestive and overall health. "My patients lose weight, their hair & skin look healthier, they sleep better and have better energy because DR-HO'S Detox allows them to properly absorb the nutrients and eliminate the toxins and waste." declares Dr. John Fujimigari.

Since making the Detox System available to the public, we have sold out multiple times. "As a proud Canadian company, we have saved a limited number of Detox Systems and have an exclusive special for readers of the Metro Newspaper." As a Spring Special, Dr.Ho has agreed to give the first 100 customers 50% off. Plus, you will get DR-HO'S Calorie Burn Weight Loss Booster .

DOCTOR FORMULATED
Why would you trust your health to anyone besides a doctor? Dr. Ho formulated the Detox System for a safe and effective cleanse.

"The Detox System will help you lose the weight you can't lose by just exercising. Try it today and feel lighter, more energized and look and feel healthier and younger again." The days of dieting and weight gain are over.

To be one of the first 100 people, please call:
1-877-374-6669 or visit
www.DrHoNow.com

Life Changing Stories

"This is the best thing that's happened to me in 15 years for my health"

Hi it's now been 1½ months since I started the Digestive Detox. To me it's like this product saved my life. I'm 51 years old. For about 15 years of that, I never new what a normal bowel movement was. I would go to the doctor and specialists for everything you can imagine. I have fibromyalgia, but for years I have complained about constipation. It was a normal thing to not go for 2 weeks at a time. They gave me prescriptions and nothing changed. Then for 3 years I would tell my doctor that I had so much pain and tell them the same story over and over that passing a bowel movement was like having a baby! It was hard as rock and would make me cry from the pain. My friends and family would make fun of me and ask me when I was having my baby because my stomach was so huge! My doctor always only said it was from the fibromyalgia. I was watching TV and thought yes this Dr. Ho is saying exactly what I thought. Now after being on the Digestive Detox I go 2 times a day! I also changed my diet to more natural good foods. My stomach now is gone! This is the best thing that's happened to me in 15 years for my health.

- Joan F.

Audrey K

"I've had constipation all my life and Type 2 Diabetes for 10 years. I have lost 35 pounds of fat off my body. I look better, feel better and take no more meds."

- Audrey K.

"The Detox System is very easy to use and I noticed results fast! I have a problem with eating unhealthy foods, especially late at night. But with DR-HO'S Detox, I know I'm eliminating the fat and grease before it can absorb into my body.

- Vincent H.

"I have IBS, gas and bloating. Since taking the DR-HO'S Detox System, I feel so much better! My bowel movements are regular, I feel energetic! It's so simple to follow. I'm sleeping very well, that tea is the most relaxing tea - it's wonderful! And within 2 weeks, I've lost 6 lbs without doing anything different."

- Jane A.

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Going Green

Organic Manifesto

The Organic Manifesto examines the unholy alliances that have formed between the chemical companies that produce fertilizer and genetically altered seeds and how the agricultural educational system that is virtually subsidized by those same companies. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Counting down to Earth Hour

March 27
Earth Hour

BEN KNIGHT
for Metro Canada

This coming Saturday, from 8:30 to 9:30 p.m. local time, more than a billion people will be turning off their lights to help save the global environment.

Earth Hour — an annual awareness-raising event promoted in dozens of countries by the World Wildlife Fund — is becoming one of the biggest environmental movements in history, according to its Canadian project manager, the WWF's Tara Wood.

"What's really exciting about working on this project is that Canada usually comes out in the top three countries, worldwide," she enthuses. "For the past two years, more than half of all adult Canadians have participated in this event."

For 2010, more than 220 Canadian cities are actively promoting Earth Hour, encouraging citizens and local businesses to get involved.

Critics have charged the amount of energy saved in a single hour is negligible, and power use rises dramatically as soon as Earth Hour ends. Woods sees a larger purpose for this ever-expanding event.

"It's definitely not about the power we save in that hour," she says. "It's about making a strong, symbolic statement, and then taking that message to see what each of us can do – every day – to help live lighter on the planet."

PHOTOS.COM

More than 220 Canadian cities are participating in Earth Hour.

Earth Hour contest

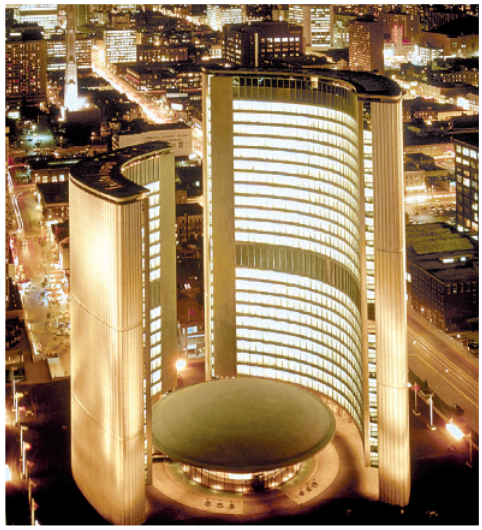
- Submit an Earth Hour video or photo essay to wwf.ca, and you could win a trip to Churchill, Man., to see first-hand the effect of climate change. Contest closes Thursday.

A lightbulb here, a parked car there, times a billion people. For Woods, this is an ongoing project, rather than a single event.

"I think, overall, we hear about doom-and-gloom environmental issues, and wonder how one person can make a difference?" says Woods. "I might drive a hybrid and have all energy-efficient appliances, and look out the window and see my neighbour driving to work in his Hummer. But that's where the beauty of Earth Hour comes in. It's very positive, celebratory and inclusive. It's all about people making it their own."

And while the event has grown exponentially since debuting in Sydney, Australia just three years ago, Woods looks forward to a time when Earth Hour won't be anything special at all.

"I think the best-case scenario is we get to a point where we don't need events like this because everybody is so tuned in to what we can do every day to live a little bit lighter on the planet. But until we reach that point, I think it's important for people to celebrate events like Earth Hour, and encourage their friends to adopt greener behavior and be role models in their own lives."



Last year Toronto reduced its usage by 15 per cent.

Stars helping to turn out the lights

UNPLUGGED Canadian music artists will join the global Earth Hour movement to express their hope for action on climate change at the free Earth Hour celebration, Earth Hour Unplugged at Yonge-Dundas Square.

Internationally renowned singer Chantal Kreviazuk, R&B artist Jarvis Church, and singer Justin Nozuka will perform on stage.

Chantal Kreviazuk

Unplugged

- The event starts at 5:30 p.m.
- The event is powered with green energy from Bullfrog Power.
- Kreviazuk goes on at 8:30 p.m.

"We only have one planet and I want my children to enjoy all the beauty and nature this world has to offer," says Kreviazuk. "My wish for the Earth is for every person to take positive action for the planet in their everyday life and make the environment healthier for our children and their children."

In addition to the concert, there will be games, street performers, and other entertainment. Members of the public will also be asked to write down their wish for the Earth to be hung on Earth Hour Wishing Trees around the square.

METRO NEWS SERVICES

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Making a difference

Raising awareness to alternatives in our lives

March 27
Earth Hour

ROMINA MCGUINNESS
Metro World News

METRO WORLD NEWS

Mark Plotkin is working to protect a medical goldmine.

Earth Hour is about more than shutting the power off — it is about raising awareness to alternatives that can make a difference in our lives.

Just about everything can be "Green" these days; from the clothes we wear, the food we eat to the cars we drive. Ever wondered what exactly it was you were letting into your blood stream last time you popped open a bottle of headache pills or took a sip of some vitamin loaded energy drink?

Plants, trees and flowers have been used in medicinal cures for the past 50,000 years, considerably ahead of western medicine, which only became a common practice some 200 years ago. Many of the drugs we take today were at some point or another derived from plant sources. Which one can we trust the most, the downright hard facts of chemistry or the miracles of nature? Ethnobotanist Mark Plotkin tells Metro about his quest to tap into nature's gift of medicine and his work with the Amazonian tribe, the Shamans.

"The problem is that people have too many misconceptions when it comes to medicine and science. It's common for people to think that if you don't have a degree or a last name, then you know nothing about healing. That if you're wearing a white coat and have an established post as a doctor then you know everything there is to know about healing. Both are misconceptions," explains Plotkin who believes that people need to make a clear distinction in their brains between indigenous and western techniques.

20 Mark Plotkin, who has worked as an Ethnobotanist in the Amazon for more than 20 years, believes in the conservation of the Amazon and its people and their traditions in order to use and develop the area as a way of finding medicinal plants. His work has fuelled a fight for the protection of this potential medical goldmine.

Plotkin believes there is a certain arrogance linked to western medicine practices and highlights its' three interlinking fields as technology, chemistry and the invasive procedure of surgery. Ethnobotany, as practiced by the Shaman tribe is based on the chemistry of plants and insects and spiritual practices. "This chemical and spiritual combination is what sets it apart," urges Plotkin, "according to the Indians, there is no such things as an incurable disease. Yet, had you had asked a western doctor 100 years ago if tuberculosis was curable, his answer would have been no."

"I injured my arm after playing racketball. I tried every cure possible from cortisone to ultra sound-nothing worked. I went to see a Shaman, he gave me a mixture of plants to drink and it was over. These guys are masters."

4 natural remedies

1 Peppermint leaves: Often drunk as tea are particularly used for bowel problems including indigestion and IBS (irritable bowel syndrome). It can also help reduce heartburn.

2 Willow bark: Has been used for thousands of years to reduce fever and inflammation. People were advised to chew on it until the effects began kicking in. The bark of whit willow contains salicin, a chemical close to aspirin in terms of its medicinal properties.

3 Ginger root: Has been used to treat sore throats, abdominal pain, arthritis and bouts of fever. It is also effective for treating motion sickness vomiting, dizziness and nausea.

4 Chili peppers: Contain capsaicin, a compound known to relieve the pain caused by arthritis and shingles when applied externally. Internally, capsaicin triggers the release of endorphins, whose relieving effects on pain extremely beneficial. Chilies are also used as a tonic, stimulant and to ease digestion.

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Barrick Gold expects $834M from IPO of African division

Toronto-based Barrick Gold Corp. expects that an initial public offering for a quarter stake in its African properties will reap $834 million US in cash for the world's biggest gold miner. Barrick will continue to hold about 303 million ordinary shares in African Barrick. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 98.39¢ (Friday's close)	US $4.169 (Friday's close)	US $80.68 (Friday's close)	11,947.98 (Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

MARKETS TMX Group Inc. says effective April 1 it will reduce its trading fees for securities trading at $1 or more on the Toronto Stock Exchange, replacing the three-tier fee structure with a two-tier structure. THE CANADIAN PRESS

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Regulator to rule on TV tax

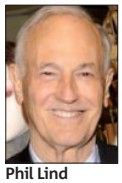
Consumers shouldn't pay the price of battle, says group

Consumers shouldn't be stuck with the bill in a battle between broadcasters and cable companies over who pays for TV signals to deliver programming, says the Consumers' Association of Canada.

"Consumers should not be paying any more than we're paying now," said association president Bruce Cran, noting that Canadians' cable bills are among the highest in the world.

The CRTC will rule today on the so-called TV tax or fee for carriage, a cost that cable companies have said could add $10 per month to consumers' bills if the regulator rules they have to pay broadcasters for their local signals.

Cable provider Rogers Communications Inc. said the burden will fall on consumers if the Canadian Radio-television and Telecommunications Commission implements a fee for carriage. "If the CRTC says there's a tax, we pass it on," said Phil Lind, vice-chairman of Rogers.


Phil Lind

"I guarantee we will pass it on, just like I guarantee that Shaw will pass it on, Bell will pass it on."

Friends of Canadian Broadcasting spokesman Ian Morrison noted that cable companies booked profits of more than $2 billion in 2009 and that could be used to pay for signals.

The CRTC has said that private-sector conventional TV stations — which include the likes of Global and CTV — reported losses before interest and taxes of $116.4 million in 2009.

THE CANADIAN PRESS

Ciena buys Nortel ethernet business

ASSETS Nortel Networks Corp. says chief restructuring officer Pavi Binning will step down now that Ciena Corp. has bought its optical networking and ethernet businesses for approximately $774 million.

Nortel said 2,000 of its employees will continue to work for Ciena.

Binning, who is also Nortel's chief financial officer and executive vice-president, said he will be leaving the insolvent company effective yesterday.

THE CANADIAN PRESS

Greek debt crisis pauses loonie's march to parity

MARKETS Stock markets were rattled last week by the ongoing Greek debt crisis and the threat it poses to European economic stability, a trend likely to continue this week as the country seeks to bail itself out of a massive deficit.

The crisis was one of the main movers behind a tepid performance on the Toronto stock market last week as commodity prices were pushed lower by a rising American dollar.

The main TSX index finished the week down 65.84 points at 11,947.98

Currency traders flew to the safety of the U.S. greenback late last week, worried that the Greek crisis would undermine the stability of Europe's monetary union and the euro itself — putting the brakes, temporarily at least, to the Canadian dollar's march towards parity.

THE CANADIAN PRESS

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Square One
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Tecumseh Mall
The Promenade
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

Seven more banks shut down in U.S.
U.S. regulators shut down seven banks in five states Friday, bringing to 37 the number of bank failures in the U.S. so far this year. THE ASSOCIATED PRESS

Preparing for parity

Manitoba firm reversed its export policies

Parity preparations that began at Craig McIntosh's small Manitoba plastics business a decade ago have positioned the company to gain from a soaring loonie because it now buys more from the U.S. than it sells there.

Acrylon Plastics Inc.'s preparations for parity included upgrading equipment to increase productivity, cutting costs, revamping its market focus and changing the way it managed finances.

Since 2003, CEO McIntosh has reversed an export-oriented business that shipped 70 per cent of its plastics to the U.S. and sold 30 per cent at home.

The rapid rise of the dollar to parity and beyond in 2007 caught many Canadian manufacturers off guard and forced some to close their doors.

Parity creates lucrative business opportunities for competitive American companies to tap into the Canadian market, driving inefficient Canadian companies out.

THE CANADIAN PRESS

THE ASSOCIATED PRESS FILE PHOTO

The loonie's rise in 2007 caught many businesses by surprise.

GM recalls 60,000 vehicles in South Korea

AUTOS General Motors is recalling 60,000 vehicles in South Korea due to potential problems with steering wheels, fuel hoses and seats. The recall will begin today and cover four models built in South Korea.

GM Daewoo Auto&Technology Co. is recalling 45,957 Winstorm and Winstorm Maxx small SUVs due to the possibility the steering wheel can become separated; 12,604 Lacetti Premiere sedans for possibly defective fuel hoses that could leak; and 135 Damas small commercial vehicles over materials in seats that do not meet South Korean safety standards, a spokesman said.

THE ASSOCIATED PRESS

C'est impossible de vivre en français en Ontario?

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mustknow.ca

Johnson comes back at Bristol

Jimmie Johnson won for the first time at Bristol Motor Speedway by driving to first from sixth in just three laps. He plowed through the field on a restart with 10 laps to go yesterday, giving him his third NASCAR victory this season and the 50th of his career. THE ASSOCIATED PRESS

Sports

Nathan out for season

Minnesota Twins closer Joe Nathan, left, will miss the entire 2010 season because of an elbow injury that will require surgery. Nathan, who leads the major leagues with 246 saves since 2004, made the decision after playing catch with Twins pitching coach Rick Anderson for 10 minutes yesterday. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Tiger: 'I've done some pretty bad things'

Tiger Woods acknowledged "living a lie," saying he alone was responsible for the sex scandal that caused his downfall and no one in his inner circle was aware of his misdeeds.

"It was all me. I'm the one who did it. I'm the one who acted the way I acted.

"No one knew what was going on when it was going on," Woods told The Golf Channel in one of two interviews last night.

A second was aired on ESPN.

"I'm sure if more people would have known in my inner circle, they would have stopped it or tried to put a stop to it. But I kept it all to myself," he said.

Answering questions on camera for the first time since his early morning car crash last November, Woods again provided few details about the crash, his marriage or much of his private life.

"A lot has transpired in my life. A lot of ugly things have happened. I've done some pretty bad things in my life," he told ESPN.

But he did admit being nervous about how he will be received when he returns to golf next month at the Masters.

"It would be nice to hear a couple claps here and there," he told ESPN.

Woods plans to end more than four months of seclusion and play at Augusta National, one of the most tightly controlled environments in golf.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/ESPN

Tiger Woods speaks with ESPN's Tom Rinaldi, left, near Woods' home in Windermere, Fla., during an interview that aired last night.

"I'm sure if more people would have known in my inner circle, they would have stopped it or tried to put a stop to it. But I kept it all to myself."
Tiger Woods on his personal indiscretions

5 APRIL DXB

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McKeever caps a golden Paralympics

VANCOUVER It was a golden finish to Canada's best Winter Paralympics ever.

Brian McKeever of Canmore, Alta., won his third gold medal on the last day of the Paralympics yesterday with a victory in the one-kilometre cross-country sprint for the visually impaired.

It was an emotional victory for the legally blind skier who came into the Paralympics feeling the frustration of being denied the chance to race at the Olympics.

"We're very satisfied with how it went," said McKeever, who races with his brother Robin acting as guide. "Especially with the whole Olympic fiasco, it was nice to come back and erase the bad memories of this place and have a fun moment at the end."

McKeever's win upped Canada's gold medal count to 10, the country's best at any Winter Paralympics. The previous high was the six won at the 2002 Salt Lake Paralympics.

The overall medal count of 19 (10 gold, five silver and four bronze) is the country's best Winter Paralympic haul. Canada won 15 medals at a Paralympics twice, in 2002 and 1998 in Nagano.

Canada also achieved its goal of finishing in the top three countries in gold medals won. The International Paralympic Committee ranks its medal table according to gold medals.

Germany topped the standings with 13 gold among its 24 medals. The Russian Federation was next with 12 gold and 38 medals.

Skier Lauren Woolstencroft was chosen as Canada's flag-bearer at last night's closing ceremonies in Vancouver. During the week she just didn't win her races, she crushed the competition. She won Saturday's super-combined race by nearly 12 seconds and finished with five gold medals. THE CANADIAN PRESS

CDG

Dunedin Rain day for Blue Jays

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Vernon Wells, left, and Aaron Hill enjoy what they can of yesterday's Grapefruit League rain out against the Boston Red Sox in Dunedin, Fla.

LHR

Kadri shines in OHL playoffs

HOCKEY Toronto Maple Leafs prospect Nazem Kadri had a goal and two assists to lead the London Knights as they held off the Guelph Storm for a slim 4-3 OHL playoff win yesterday afternoon.

Tyler Brown scored the eventual winner late in the second period for London, while Daniel Erlich and Jared Knight also netted goals.

Kadri has scored twice and added three assists in two playoff games. London leads the series 2-0.

THE CANADIAN PRESS

Sports in brief

PARALYMPICS A Swedish curler at the Paralympics has been banned for two years after failing a doping test. Wheelchair curling fourth Glenn Ikonen says he didn't know the blood pressure medication he was taking was on the banned list. Ikonen, who was to throw the rocks in Friday's match against Italy, told a news conference he was disappointed his doctor gave him medication that was on the banned list. He said he'd been taking it for three years, but wasn't tested prior to the 2009 world championship, where Sweden won silver. The team manager said he didn't believe there was any performance boost that could be attributed to the drug. The Swedes beat Italy 6-5 and went on to earn bronze by topping the United States 7-5 Saturday.

SOCCER Liverpool manager Rafa Benitez has acknowledged "it will be more difficult" to qualify for the Champions League after losing at Manchester United. Liverpool lost 2-1 at Old Trafford yesterday to fall four points behind fourth-place Tottenham in the last qualifying berth despite having played one game more. Manchester City is two points above Liverpool and has played two fewer matches. Fernando Torres gave Liverpool an early lead, but Wayne Rooney equalized soon after with a disputed penalty and Park Ji-sung scored United's winner in the second half.

TENNIS Jelena Jankovic defeated Caroline Wozniacki 6-2, 6-4 yesterday to win the BNP Paribas Open, the Serbian's first title in seven months. The former top-ranked player dictated from the baseline throughout the match, hitting the lines and keeping Wozniacki on the run. Jankovic broke Wozniacki three times in the first set and again in the first game of the second set. Wozniacki brought her coach-father on court once in each set, but it didn't help. She never found a solution to Jankovic's pinpoint power.

THE ASSOCIATED PRESS

MLBPA head anticipates negotiations next year at this time
New baseball players' union head Michael Weiner anticipates talks with Major League Baseball on a new collective bargaining agreement will begin by spring training or perhaps a bit earlier next year. THE ASSOCIATED PRESS

Maturation process for Snider

Blue Jays outfielder looks for sophomore improvement

So much came so quickly for Travis Snider last season. In mid-April he was mentioned as a possible rookie-of-the-year candidate, but by May, the Toronto Blue Jays had sent him back to triple-A.

"At 21 years old there were some things I was ready for and some things I wasn't," he said.

Snider has done a lot of growing up since then, both in how he handles the ups and downs of the game and in his approach to hitting.

He is batting .273 in 13 Grapefruit League games this spring, with three homers and six runs batted in. He had a two-homer game March 18 against the Baltimore Orioles.

"We're still working on some timing issues," hitting coach Dwayne Murphy said. "It's clicking for him, he's starting to understand it. I just want to see him go up there with an idea of what he wants to hit."

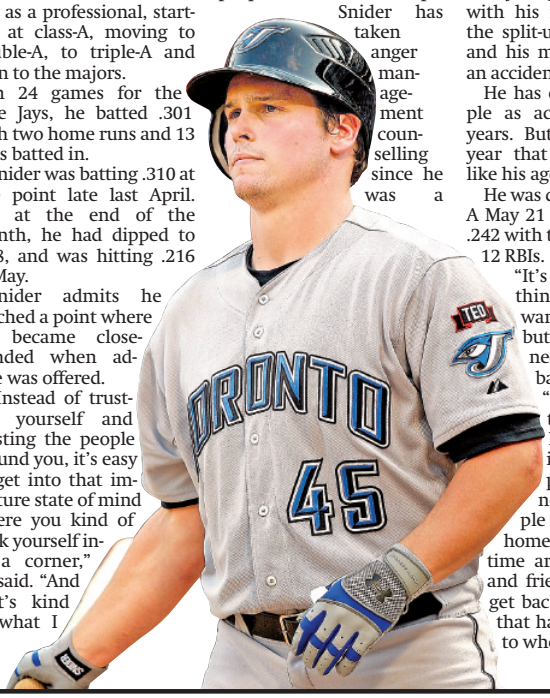
Snider was Toronto's first-round pick in the 2006 draft. He made a rapid rise in 2008, his second full season as a professional, starting at class-A, moving to double-A, to triple-A and then to the majors.

In 24 games for the Blue Jays, he batted .301 with two home runs and 13 runs batted in.

Snider was batting .310 at one point late last April. But at the end of the month, he had dipped to .258, and was hitting .216 in May.

Snider admits he reached a point where he became close-minded when advice was offered.

"Instead of trusting yourself and trusting the people around you, it's easy to get into that immature state of mind where you kind of back yourself into a corner," he said. "And that's kind of what I did last year in not allowing the people around me to help."



Snider has taken anger management counselling since he was a teenager. He had to mature at a young age as he dealt with his mother's illness, the split-up of his parents and his mother's death in an accident three years ago.

He has often struck people as acting older than years. But he admits last year that he acted more like his age.

He was demoted to triple-A May 21 last year, batting .242 with three homers and 12 RBIs.

"It's not something I think people really want to see you do, but at times I know I need to take a step back," Snider said. "Things sometimes can get a little overwhelming, and at that point in time I needed those couple of days to get home and spend some time around my family and friends and kind of get back to the mindset that has kind of got me to where I am."

THE CANADIAN PRESS

Mauer staying put with $184M deal

MLB Joe Mauer is staying home.

The AL MVP agreed to an eight-year, $184-million US contract extension with Minnesota yesterday that includes a full no-trade clause, a massive deal that shows the Twins are no longer a frugal small-market club.

The deal covers the 2011-2018 seasons and is the fourth largest — both in total value and average salary — in Major League history. Starting next season, the all-star catcher will make an average of $23 million per season.

With the announcement, the entire state of Minnesota can take a deep breath and relax. Mauer, who has won three AL batting titles and is considered one of the best defensive catchers in the game, was entering the final year of his current contract.

Even though both he and the Twins insisted all along that he would be staying in Minnesota, Twins fans were growing more nervous by the day as negotiations dragged on. But agent Ron Shapiro and Twins brass eventually worked out the deal, ensuring the hometown favourite wouldn't get lured away by one of the many big spenders.

Joe Mauer

Then the Twins, who have steadily increased their spending in recent seasons as they prepared to open Target Field in 2010, came through with a staggering package.

The $184-million total worth is fourth behind two deals signed by Alex Rodriguez — the $275-million deal with the Yankees signed in 2008 and a $252-million contract signed with Texas in 2001 — and Derek Jeter's $189-million deal signed with the Yankees in 2001 and expires after this season.

The Minnesota native was the No. 1 overall pick by the Twins in 2001 and quickly emerged as a fan favourite.

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LeBron youngest to 15,000 points

LeBron James became the youngest player to score 15,000 points, breaking Kobe Bryant's mark by more than two years in the first quarter of the Cavaliers' 92-85 victory over the Chicago Bulls Friday night. THE ASSOCIATED PRESS

PAWEL DWULIT/THE CANADIAN PRESS

UBC Thunderbird Alex Murphy, left, tries to shoot over Saskatchewan's Michael Linklater last night during the 2010 CIS men's basketball championship game in Ottawa.

Saskatchewan captures first CIS hoops title

OTTAWA The Saskatchewan Huskies won their first-ever Canadian university men's basketball title.

Showron Glover had a game-high 29 points as the fifth-ranked Huskies defeated the third-seeded UBC Thunderbirds 91-81 in an entertaining CIS title game.

Troy Gottselig added 22 points for the victors, who put together a dominant second quarter to take a 14-point halftime lead they wouldn't relinquish.

The Huskies had a magical run through the tournament, including a win over the top-ranked and defending-champion Carleton Ravens Saturday. Kamar Burke had 20 points, while CIS player of the year Josh Whyte added 18 in a losing cause for the Thunderbirds.

UBC fell short in its quest for a third Canadian university men's hoops title.

Instead, it was the T-Birds' second straight loss in the national final.

THE CANADIAN PRESS

CIS champs
Men's basketball

- 2010: Saskatchewan
- 2009: Carleton
- 2008: Brock
- 2007: Carleton
- 2006: Carleton
- 2005: Carleton
- 2004: Carleton
- 2003: Carleton

Sports in brief

BRACKET U.S. President Barack Obama's bracket was busted Saturday when Kansas, the tournament's top seed, was stunned by Northern Iowa 69-67. THE ASSOCIATED PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Minnesota 4 Calgary 3
Boston 2 N.Y. Rangers 1
Buffalo at Carolina
Tampa Bay at Florida
Florida 5 Tampa Bay 2
Nashville 3 St. Louis 2
Phoenix at Dallas
San Jose at Edmonton
Colorado at Anaheim

TONIGHT'S GAMES
Pittsburgh at Detroit
Ottawa at Montreal
Colorado at Los Angeles

NBA

YESTERDAY'S RESULTS
Houston 116 New York 112
Indiana 121 Oklahoma City 101
Sacramento 102 L.A. Clippers 89
Cleveland 104 Detroit 79
San Antonio at Atlanta
Washington at L.A. Lakers
Portland at Phoenix

TONIGHT'S GAMES
TORONTO at Minnesota
Orlando at Philadelphia
Miami at New Jersey
Houston at Chicago
Atlanta at Milwaukee
Dallas at New Orleans
San Antonio at Oklahoma City
Boston at Utah
Memphis at Sacramento
Phoenix at Golden State

NCAA

MEN'S BASKETBALL TOURNAMENT
YESTERDAY'S RESULTS
West Virginia 68 Missouri 59
Cornell 87 Wisconsin 69
Syracuse 87 Gonzaga 65
Purdue 63 Texas A&M 61 (OT)
Ohio State 75 Georgia Tech 66
Michigan State 85 Maryland 83
Xavier 71 Pittsburgh 68
Duke 68 California 53

Orange crush Gonzaga

Rautins helps lead Syracuse into Sweet 16 with rout in Buffalo

Wes Johnson wasn't so unselfish for a change, and Gonzaga paid dearly.

The Big East player of the year, who often defers to his teammates despite his considerable all-around talent, scored a career-high 31 points and pulled down 14 rebounds as top-seeded Syracuse hit a dozen three-pointers to stun the Zags 87-65 yesterday in the second round of the NCAA tournament in Buffalo.

Johnson was 11 of 16 from the field, including 4 of 6 from beyond the arc, and he wasn't alone. Canadian Andy Rautins hit 7 of 13 shots for 24 points and freshman Brandon Triche had his second straight solid game, finishing with 13 points.

"When they shoot the ball like that, they're hard to handle," Gonzaga coach Mark Few said.

"They're an impressive group."

Syracuse's storybook season — the Orange were unranked before the season and made it to No. 1 for the final week before losing to Georgetown in the Big East tournament — continues Thursday. The Orange (30-4) will play fifth-seeded Butler (30-4) in Salt Lake City in the West Regional.

Syracuse, which made the round of 16 for the second straight year, again played without six-foot-nine, 260-pound senior centre Arinze Onuaku, who's recovering from a knee injury.

Even without Onuaku, the Orange stifled Vermont in the first round, holding the Catamounts to 5 of 22 on three-point attempts, and continued their surge against Gonzaga.

Elias Harris led Gonzaga with 24 points and Vancouver's Robert Sacre had 17 points and eight rebounds.

MIKE GROLL/THE ASSOCIATED PRESS

Syracuse's Andy Rautins, son of Canadian national basketball coach Leo Rautins, scored 24 points yesterday in Syracuse's 87-65 win over Gonzaga.

MICHIGAN STATE 85, MARYLAND 83

Korie Lucious hit a three-pointer at the buzzer to cap a frantic finish and give injury-depleted Michigan State an 85-83 victory over Maryland yesterday in the second round of the NCAA tournament.

After star guard Kalin Lucas went down with a leg injury, the Spartans blew a 15-point lead in the second half. Greivis Vasquez's basket put fourth-seeded Maryland ahead 83-82 with six seconds left, but Michigan State inbounded immediately and pushed up the floor. The ball went to Lucious at the top of the key and he drained a three just in time, setting off a wild celebration as jubilant Spartans players streamed off the bench.

No. 5 seed Michigan State advanced to play ninth-seeded Northern Iowa in the Midwest Regional semi-finals in St. Louis.

CORNELL 87, WISCONSIN 69

Louis Dale scored 26 points and Ryan Wittman had 24, helping 12th-seeded Cornell dominate No. 4 seed Wisconsin 87-69 to reach the round of 16 in the NCAA tournament for the first time.

The Big Red entered the tourney with no victories in four previous appearances and upset fifth-seeded Temple in the opening round. They are the first Ivy League team to advance to the round of 16 since Penn in 1979.

XAVIER 71, PITTSBURGH 68

Jordan Crawford scored 27 points, including a breakaway dunk with just more than two minutes remaining to help Xavier beat Pittsburgh 71-68 in the second round of the NCAA tournament last night.

Jason Love had 14 points and a key block down the stretch for the sixth-seeded Musketeers (26-8).

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Quiz reveals how Millennial you are
The Pew Research Centre offers a 14 question quiz that tells you where you rank on the generational timeline, from the Silent Generation to the Millennial Generation. The higher a person's score on the quiz, the more the person relates to Millennials. METRO NEWS SERVICES

Workology

McGill top Canadian university

McGill University has been named the top university in Canada in U.S. News & World Report's World's Best Universities rankings, published last month. McGill is also the top Canadian institution for life sciences and biomedicine. The University of Toronto is the highest-ranking Canadian university for arts and humanities, engineering and IT, and natural and physical sciences. The University of British Columbia places first among Canadian institutions for social sciences. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

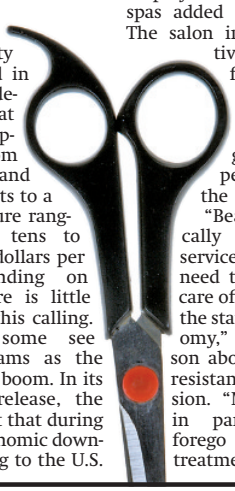
Beauty: The next 'boom' career?

KEITH CARMAN
for Metro Canada

Many of us might not have considered it but according to recent statistics, hairdressing and cosmetology are increasingly becoming some of the most reliable, enjoyable and advantageous international careers over the coming decades.

"Beauty is global," declares Brad Masterson, vice-president of Y Public Relations on behalf of the Professional Beauty Association (PBA). "There are stylists that travel the world for many reasons such as education for manufacturers as well as those that do editorial work on photo shoots and movies."

Surprised? So are we. However, as Masterson emphatically illustrates, personal beauty care is a field in constant demand and that yields broad opportunity. From interesting and helpful contacts to a pricing structure ranging between tens to thousands of dollars per sitting depending on clientele, there is little stagnancy in this calling.



Moreover, some see beauty programs as the next financial boom. In its latest press release, the PBA points out that during the recent economic downturn, according to the U.S. Bureau of Labor Statistics, the private sector slashed jobs at 4.4 per cent while employment-based beauty spas added 0.2 per cent. The salon industry effectively outperformed the national economy and is expected to grow by 31 per cent over the next decade.

"Beauty, specifically hair, is one service that people need to have taken care of, regardless of the state of the economy," states Masterson about the field's resistance to recession. "Many women in particular will forego other beauty treatments in order to make sure they can get their hair done. It's the last thing they want to give up. In addition, as people have had to transition into looking for work, they want to freshen up and maintain their appearance to make the best impression possible."

Before dreams of James Bond-ish jet-setting sweep you away though, understand that as with other professions, there are levels of training and expertise to be attained. Provinces list different graduating requirements for official designations and fees can range from $700 one-off classes to $15,000 for full programs. Moreover, many salons require post-education internships to glean facility techniques and specialities.

With diploma and scissors in hand though, the world could be a beautician's proverbial oyster.

Taking care of your hair, according to one expert, is something that people will always do, regardless of the economy.

Options abound

- Many paths are available in hairdressing and cosmetology such as freelance work, dedicated employment with a particular spa/agency, working for photo shoots, film, television or even teaching.
- Furthermore, with benefits such as flexibility and optioning various degrees of entrepreneurship, many young adults are increasingly leaning toward the field without sacrificing a solid pay cheque.
- Masterson says those who shun seeing their children dedicate their future to the world of beauty might want to reconsider. Aside from the pride of "making people look and feel great on a daily basis," it can be an incredibly interesting, portable and — most importantly — lucrative career.
- "People have had the belief in many ways that hairstylists don't make a lot of money. That may be the case for some (but) many actually earn great livings and can make $37,000 to $63,000 a year if not more. Additionally, there are many opportunities beyond working 'behind the chair' that most people never realize, which can lead to bigger salaries, travel, et cetera." KEITH CARMAN/ FOR METRO CANADA

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HEQCO releases annual PSE review

In its annual review of PSE in Ontario, the Higher Education Quality Council of Ontario observes the province has made significant advances in PSE participation and compares favourably to its peers in OECD jurisdictions. METRO NEWS SERVICES

Behind the money of the business

LEYLA EMORY
for Metro Canada

Starting a small business takes money. Getting money takes knowing about the small business you want to start. Banks can help.

First and foremost, "If you have questions, come on in," says Mike Michell, national director, small business, RBC. He recommends walking into your local branch and asking questions or picking up one of their guidebooks designed to set you on the right path.

"But where it becomes a really rich conversation is when someone comes in having part of the work done. Then we can start to have a dialogue." He's talking about a business plan. "How do you see the company starting out? What do you think your cash needs will be? How do you think the company will evolve over time?"

> **"Good financial planning for the small business would mirror what you see on the personal side."**
> Mike Michell of RBC

And that's where small business loans enter the conversation. What type of financing you need depends on what it is you need to finance. In it's simplest form it comes down to operational loans and term loans.

"For example if your only going to get paid every 30 days but you have to pay your suppliers right away you'd need an operating line, whereby it's in and out very quick. If you need to buy a piece of equipment and let's say the equipment might last ten years, that's usually better served by having what we call a term debt to match it to the life of the asset."

It's not far off from personal banking. "If you're going to buy a house or a car you would use term facilities. If you're going to do renovations you would want to have an operating line and you would want to have a credit card or an over-draft protection for your day to day expenses. Good financial planning for the small business would mirror what you see on the personal side."

Similarly, good personal financial planning will open doors on the small business side. "Make sure your personal credit is in good standing," says Michell. "It's very important for us to understand how the small business owner behaves and conducts his or her credit on the personal side."

Ultimately it comes down to working with a financial institution to find out what can work for you.

To start a business, you will need money and a sound business plane, if you have the later, a bank can help with the former.

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More Manitoba students applying for student loans
The Manitoba chapter of the Canadian Federation of Students reports that statistics provided by Manitoba Student Aid show that provincial student loan applications increased by seven per cent between 2008 and 2009, with over 11,177 students applying for loans last year. METRO NEWS SERVICES

Being late a losing trend

A tighter job market may be contributing to increased punctuality at work.

A new CareerBuilder survey reveals that 16 per cent of workers said they arrive late to work at least once a week, down from 20 per cent in last year's survey. One-in-10 (eight per cent) said they are late at least twice a week, down from 12 per cent last year.

Workers shared a variety of reasons for being tardy, led by traffic (32 per cent) and lack of sleep (24 per cent). Seven per cent said getting their kids ready for school or day care was the cause of their lateness, while the same amount (seven per cent) said bad weather was the culprit. Other common reasons included public transportation, wardrobe issues or dealing with pets.

"Some workers may be more concerned with the nuances of their on-the-job performance these days, resulting in fewer late arrivals," said Rosemary Haefner, vice-president of human resources for CareerBuilder. "Regardless of the economy, though, getting to work on time can be more of a priority in some work places than in others. It's important for workers to be aware of their company's tardiness policies and make sure to be honest with their manager if they are going to be late."

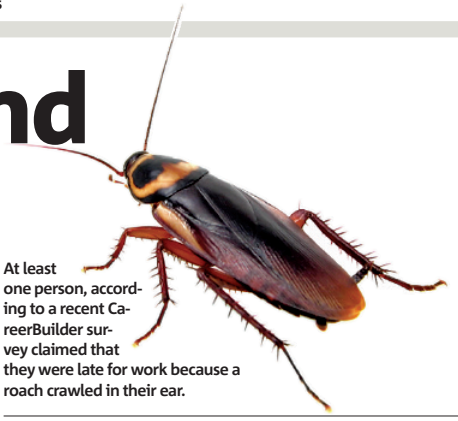
While lack of sleep was one of the most common reasons tardy workers were late in a recent survey, at least one employee claimed they were late for work because they dreamt they were already at work.

While some employers are more lenient with worker tardiness, others have stricter policies. More than one-third (34 per cent) of employers said they have terminated an employee for being late.

Hiring managers provided the following examples of the most outrageous excuses employees offered for arriving late to work:

- I got mugged and was tied to the steering wheel of my car.
- My deodorant was frozen to the window sill.
- My car door fell off.
- It was too windy.
- I dreamt I was already at work.
- I had to go to the hospital because I drank antifreeze.
- I had an early morning gig as a clown.
- A roach crawled in my ear.
- I saw an elderly lady at a bus stop and decided to pick her up.

METRO NEWS SERVICES



At least one person, according to a recent CareerBuilder survey claimed that they were late for work because a roach crawled in their ear.

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Campus Saskatchewan to cease operations
Effective March 31, Campus Saskatchewan, a partnership between provincial post-secondary institutions and the advanced education ministry to support online and distance learning, will cease operations. METRO NEWS SERVICES

The one who dresses hockey heroes

OddJobs
Diane Peters
Metronews.ca/oddjobs

Gus Thorson is an equipment manager with the NHL's Calgary Flames.

The Lowdown
Job Title: Equipment manager
Salary: $70,000 to $150,000
Education/training: Knowledge of first aid, but mostly learned on the job
Best Part of the Job: "I meet so many good people."
Worst Part of the Job: "Being away from my wife and kids."

Like so many Canadian boys, Gus Thorson of Calgary grew up playing hockey.

He had no idea he'd make a career of it.

Thorson played goal and quit the game at 17 — he's now 50 — since he simply wasn't that good.

But his friends were, and they played on the University of Calgary team while he was studying physical education there. The team needed some trainers — people to care for equipment, do first aid and help out in the locker room— and they encouraged Thorson to volunteer.

Two years later, the Calgary Canucks of the Alberta Junior League had issues with one of their trainers while going into the playoffs and called on Thorson.

He ended up staying for the entire next season too. And he realized that this was something he could do as a real job.

"The more I did it, the more I learned. The more I learned, the more I liked it. There's lots worse places you can spend your time than in a hockey rink."

After graduation, Thorson got a paid job in Victoria, then Moose Jaw. Back in Calgary, he began splitting his time between working with Canada's national hockey team and working in a sporting goods store where he became an equipment care and repair expert (his boss was a former shoemaker). After five years, he got hired as the full-time equipment manager for the national team.

In 1999, the Calgary Flames called, and he's been there ever since.

Thorson works with four other trainers: They're all in by around 7 a.m. most mornings. If the players are to skate at 10:30 a.m., that gives them time to stock the bench with socks, jerseys, pads, tape and water bottles. Then there are skates to sharpen, sticks to organize and last-minute repairs to do.

Then, it's cleaning up after a practice. On game days, the locker room must be stocked by 4:30 p.m. Before a road trip, there's packing to do.

And while he's a pro at equipment repair, he now spends more time ordering custom equipment for his players, and making sure he gets the size and specifications just right.

"The biggest part of my job that's changed is the amount of equipment we're ordering. The way they make stuff now, it's easy to break in, but it breaks down faster."

And while his wife and kids get to see the Flames whenever they like, they don't see much of him until summer.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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uManitoba freezes executive, administrative academic salaries
Last week, the University of Manitoba's board of governors approved a recommendation to provide a zero-per-cent salary increase for 2010 to members of the executive group and senior administrative academic group. METRO NEWS SERVICES

Tips on how to successfully study

As the school year begins to wind down, the pressures of school begin to build. End-of-year projects and exams are on the agenda, and on students' minds, and that means studying.

"No amount of studying is enough if students are not actively engaging their brains," says Dr. Nick Whitehead of Oxford Learning. "Without active brain involvement, students are just moving their eyes over the words, which is a very ineffective way to study."

In order to properly engage the brain, Oxford Learning suggests asking these questions:

- What am I about to learn?
- What do I already know about this subject?
- Do I understand what I have just read?
- Can I paraphrase it?
- Are there any key words that I need to write down? Why are these words key?
- How does this information fit into a bigger picture? NEWS CANADA

NEWS CANADA PHOTO
It's time to study, once again.

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No surgery for Heidi

Heidi Montag — who famously underwent 10 plastic surgery procedures in one day — won't be going under the knife anytime soon. She wants bigger breasts, but on The Tonight Show With Jay Leno said: "I legally can't right now. The limit is 800cc and I have 700cc." USMAGAZINE.COM

Entertainment

Return of Rosie

Rosie O'Donnell is planning to develop a new talk show, according to the Hollywood Reporter. She is targeting fall 2011 for the debut — around the same time that Oprah Winfrey will take her final bow. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Ralph Klein stars in new game show

Klein

PEOPLE OK, contestants.

Fingers on your buzzers.

What former Alberta premier is starring in his own game show?

If you answered Ralph Klein, you're right.

Johnny, tell 'em what they've won.

Klein hit the airwaves over the weekend on a show called On the Clock on Crossroads Television System across Alberta and Ontario on cable and nationwide via satellite.

The format is simple.

Three Alberta "experts" — a Calgary city councillor, a columnist and a radio host — are asked public-policy-type questions, both light and heavy: How would you rewrite the national anthem? List the benefits of global warming.

Klein, who is shown perched on a golden throne, then evaluates the candid responses and hands out "Ralph Bucks" based on what he thinks.

THE CANADIAN PRESS

The music video is reborn

The Internet allows artists to share content directly with fans

MuchMusic and MTV may have given up on the music video, making it an endangered species on television, but if Lady Gaga's new video is an accurate barometer of audience interest, the art form is here to stay, albeit on a new platform.

And the artists who never lost faith in the music video couldn't be happier.

Telephone, featuring Beyoncé, hit the Internet with a deafening blast of buzz and surges of traffic last Thursday and quickly amassed millions of views.

The clearly expensive nine-and-a-half minute video is reminiscent of Michael Jackson's Thriller in its epic scale and its slick production values and pops of eye candy have been compared to Quentin Tarantino's handiwork.

About a week later, the video has now been viewed well over 20 million times at YouTube and the music video website Vevo.

"A lot of people conflate the fact that videos disappeared from television as a fact that the audience didn't want them — and that's not the case," said Rio Caraeff, president of Vevo, which launched in December and is owned by Sony Music Entertainment, Universal Music Group and Abu Dhabi Media Company.

"The broadcasters on television made a decision to move away from videos because they wanted to get people to watch TV for longer periods of time, for their own business model.

"The appetite for the videos didn't go away, it's just been channelled to the web where people can watch whatever they want on demand."

Music videos are actually among the most viewed of all online videos, and according to traffic measurement firm Visible Measures, they're indisputably No. 1 when you factor in their influence.

The company's "true reach" stat counts a video's views on different sites across the web and also accounts for the hits generated by user-created fan videos, whether they be tributes or spoofs, said spokesman Matthew Fiorentino.

When factoring in fan engagement, the most viewed and most influential online video in the history of the Internet is surprising — it's the music video Crank That by Soulja Boy.

The song was a No. 1 hit on Billboard for several weeks in 2007 and inspired a dance craze but a relative few would peg it as the biggest video ever to go online.

"The brilliant thing about the video is there's a dance in the video and it takes you through how to actually do the dance," said Fiorentino.

"What we found is videos — and not just for music videos, for ads and other types of content as well — when they directly interact with audiences and put a challenge out there to get them to upload their own content or comment on it, it just keeps the activity going.

> **"A lot of people conflate the fact that videos disappeared from television as a fact that the audience didn't want them — and that's not the case."** Rio Caraeff

"The song is catchy but then there's also this interactive aspect to it that helps."

Of the Top 10 most-viewed online videos ever — as compiled by Visible Measures — six are music videos, including Beyoncé's Single Ladies at No. 2, Michael Jackson's Thriller at No. 3, Mariah Carey's Touch My Body at No. 6, Apologize by Timbaland featuring One Republic at No. 8, and Lady Gaga's Poker Face at No. 9.

THE ASSOCIATED PRESS

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Most famous housewife
Bravo's Real Housewives franchise has found its most famous housewife yet. According to E! Online, Camille Donatacci Grammer, wife of TV's Kelsey Grammer, has joined the cast of the upcoming Real Housewives of Beverly Hills spinoff. **POPEATER.COM**

OK Go takes control

Band splits from label EMI over online usage of videos

Socialite

Rea McNamara

metronews.ca/socialite

OK Go is leaving EMI over fans' inability to embed the band's music videos on blogs and other sites.

It's a story that the stick-it-to-the-man interwebs will always fall for: Indie rock band finally ditches major record label and strikes out on their own.

This month, power pop quartet OK Go — who achieved YouTube fame (more than 50 million views) with their now-classic Here It Goes Again treadmill routine — announced that they were leaving EMI to form their own label.

Frustrated by EMI's "no-YouTube embed" policy, the band publicly protested (capped by lead singer Damian Kulash's much-linked-to New York Times op-ed), fans' inability to embed the band's YouTube-hosted music videos on blogs and other web sites.

The announcement of course, comes at the success of the band's latest viral hit, This Too Shall Pass.

It features an un-broken video of a Rube Goldberg machine that topples dominoes, swings sledgehammers and enacts other museum of science-worthy wonders.

It's now embeddable, thanks to the video being sponsored by American insurance giant State Farm (did you catch the logo on that red toy truck at the video's start?).

As YouTube becomes the web's dominant video channelling service, you bet that majors have an active interest in ensuring that they keep their advertising share ($3 to $8 per 1,000 views, to be exact) on the pre-roll, text and overlay advertising on YouTube music videos.

When a music blog embeds a video however, those ad profits are lost.

But what might be even a greater loss is missing out on the interwebs' short attention span. When OK Go release the first label-approved version of This Too Shall Pass (featuring a stunt cameo by the Notre Dame marching band) the non-embed video only had 10,500 views in its first week. Compare that with the first week views for the Rube Goldberg version: Six million.

OK Go clearly lucked out, especially since YouTube themselves just announced their "Musicians Wanted" Partners Program, which will directly pay videos' ad revenue to the indie acts (and yes, OK Go was announced as one of those partners).

As music evolves as a digital property, it goes without saying that the rules of the game have changed. Slick MTV-approved music videos now co-exists with quirky, low-fi YouTube single shots.

"It's no longer discreet chunks of music," said Kulash in an interview with online video business news blog NewTeeVee.

"It's a cloud, everybody can access it, and it's taken some people longer to get that than others."

Rea McNamara writes about the on/offline statuses of niches and subcultures. Follow her on Twitter @reeraw

OK Go's viral hits

- **A Million Ways (August 2005):** Considered the most downloaded music video in history (nine million, if you're counting), this cheap number was shot in the lead singer's backyard with fancy footwork choreographed by his sister.
- **Here It Goes Again (September 2006):** The Simpsons parodied-treadmill dance was heralded in Pitchfork.com's Top 50 Music Videos of the 2000s as "the godfather of viral music videos and dorky white people performing elaborate choreography."
- **WTF? (November 2010):** A version of the psychedelic delayed image effects in this Kanye West-approved video was made shareable by the band via open-source software so fans could webcam their own WTF?

Entertainment in brief

MOVIES The following are the top 10 movies at the North American box office for the three days beginning on March 19, according to studio estimates compiled on Sunday:
1. Alice in Wonderland, $34.5 million
2. Diary of a Wimpy Kid, $21.8 million
3. The Bounty Hunter, $21 million
4. Repo Men, $6.2 million
5. She's Out of My League, $6 million
6. Green Zone, $6 million
7. Shutter Island, $4.8 million
8. Avatar, $4 million
9. Our Family Wedding, $3.8 million
10. Remember Me, $3.3 million. **THE ASSOCIATED PRESS**

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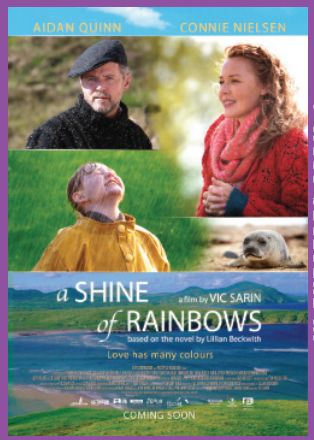

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Octohomeless?

Nadya Suleman may be the latest victim of foreclosure. According to TMZ, the infamous Octomom is now at risk of being thrown out of her Southern California home after falling behind on her mortgage payments — a $450,000 US balloon payment was due this month. POPEATER.COM

A family who works together

Will and Jada Pinkett Smith's family is getting crowded with action heroes now that their 12-year-old son, Jaden, is beating up on bad guys.

AP PHOTO/ANN SMITH

Actor Jaden Smith, winner of the ShoWest 2010 Breakthrough Male Star of the Year award for his work in The Karate Kid, poses for photographers in Las Vegas on Wednesday, March 17, 2010.

Jaden Smith stars in the title role of The Karate Kid, a remake of the 1984 hit in which he plays an American youth in China who gets a crash course in martial arts from a maintenance man (Jackie Chan) so he can defend himself against a band of bullies.

The movie, due in theatres June 11, screened Wednesday for theatre owners attending their annual ShoWest convention, where Smith received an award as breakthrough male star of the year.

"I'm very excited about getting awards already," Smith said in an interview. "It's crazy."

Smith said his father, whose action flicks include Hancock, I Am Legend, and Independence Day, was a fan of the original Karate Kid and thought Jaden, who already had studied karate, would be the right guy for the role.

"My dad had the idea of remaking it," Jaden Smith said. "He's the one who was like, 'We need to make this movie.'"

Will and Jada Pinkett Smith were producers on The Karate Kid, along with Jerry Weintraub, who produced the original and its sequels.

"It's very scary when you go back and fiddle around with a classic," Will Smith told the ShoWest audience before the screening.

The quiet, reclusive Mr. Han (Chan) saves Dre from a beating at the hands of a gang of young kung fu hotshots. Han turns out to be a kung fu wizard himself and agrees to train the boy for a tournament showdown with his tormentors.

A more appropriate title would be The Kung Fu Kid.

Jaden Smith said the filmmakers kept the original title out of respect for their source material and because The Karate Kid has such name recognition among audiences.

What kung fu advice did martial-arts master Chan have for his young co-star?

"Stay fast," Smith said. "And stay focused."

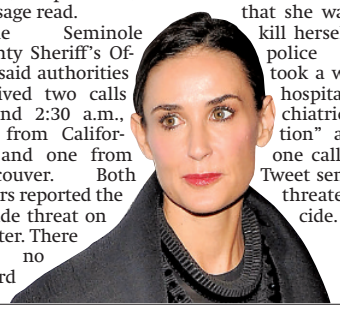
THE ASSOCIATED PRESS

Tweets save lives

INTERNET HEROES Actresses Demi Moore and Canadian Nia Vardalos were linked to an online chain of Twitter posts that ultimately led to Florida authorities intervening Friday when an 18-year-old man threatened to commit suicide.

Moore's Twitter account, @mrskutcher, was among those responding to a message from a young man threatening to hang himself in his front yard in Casselberry, north of Orlando.

Vardalos's account included a message that she had called a suicide hotline and been connected to Florida police. "I gave his name+city. They went to home, helped him," one message read.



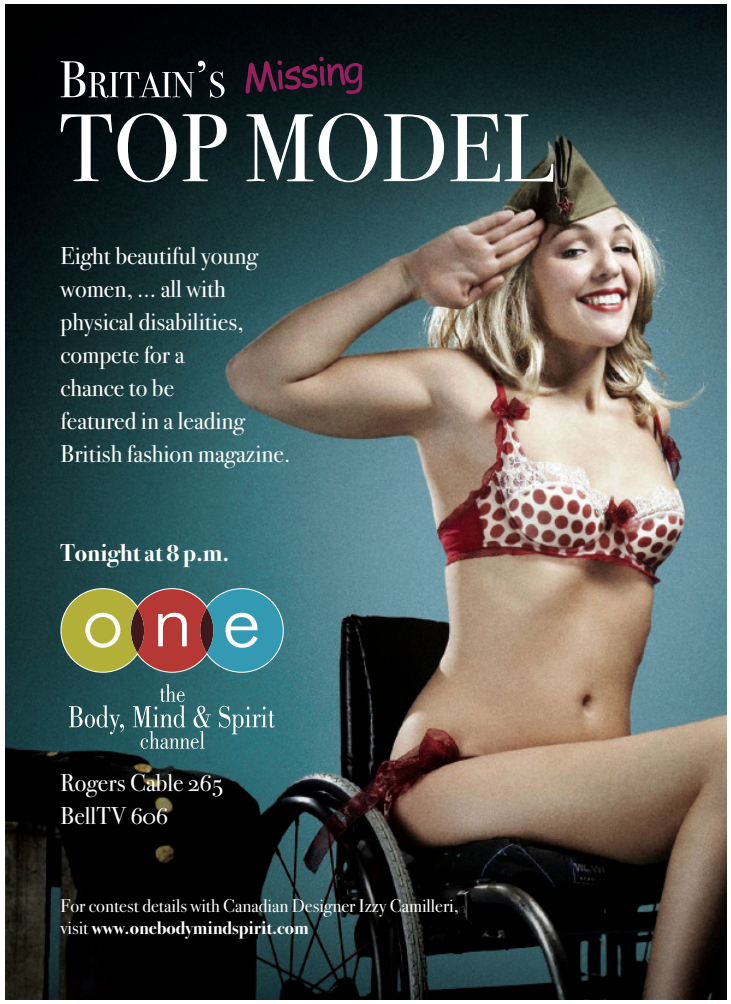
The Seminole County Sheriff's Office said authorities received two calls around 2:30 a.m., one from California and one from Vancouver. Both callers reported the suicide threat on Twitter. There was no record of the callers' names, Lt. Sonia Pisano said.

Deputies went to a home and took the man to a hospital, Pisano said.

The teen's mother told the deputy responding that her son "was very emotional and diagnosed with obsessive compulsive disorder," according to a report released Friday by the sheriff's office. Her son was sitting at his computer desk crying when he told the officer he "did not know what to do with himself without help" and admitted to posting the Tweet.

Moore's Twitter account was involved in a similar case last April, when a California woman messaged that she was going to kill herself. San Jose police said they took a woman to a hospital for "psychiatric evaluation" after someone called about a Tweet sent to Moore threatening suicide.

THE ASSOCIATED PRESS



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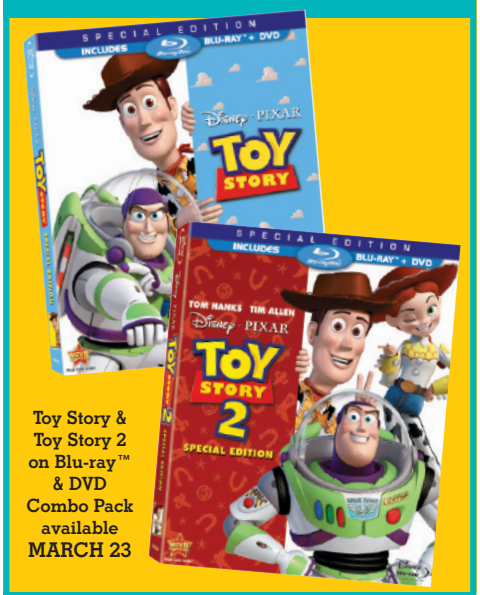

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Smith's estate loses will fight

Battle over oil tycoon's billions has lasted 15 years

A federal appeals court ruled Friday that Anna Nicole Smith's estate will get none of the more than US$300 million the late Playboy model claimed a Texas billionaire meant to leave her after he died.

The ruling came in a 15-year legal battle that started in a sleepy Houston probate court and stretched all the way to the U.S Supreme Court.

It initially pitted Smith against the son of J. Howard Marshall over the $1.6 billion estate the oil tycoon left after his 1995 death at age 90. J. Howard Marshall had wed Smith the year before when she was 26.

Marshall's son E. Pierce Marshall died in 2006 and Smith perished after a drug overdose in 2008. Their heirs and lawyers kept up the legal fight that included one ruling awarding Smith $474 million.

Kent Richland, who represents the Smith estate, said he would appeal the latest ruling but hasn't decided whether to ask the appeals court for another hearing or take the case back the U.S. Supreme Court regarding different issues.

Eric Brunstad, a lawyer for Marshall family members, said they hoped the legal fight was over.

"Our only wish would be that Pierce were here to see his vindication," the family said in a prepared statement.

THE ASSOCIATED PRESS

PETER KRAMER/GETTY IMAGES

Anna Nicole Smith's heirs have lost a recent court ruling in the 15-year battle over the $1.6 billion estate of oil tycoon J. Howard Marshall, who married when Smith was 89 and she 26.

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	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/22/10 primetime	265	353	2	TVO	The Museum	The Museum	The Agenda With Steve Paikin		Midsomer Murders		Lost Kingdoms of Africa (N)		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	House "Instant Karma"		24 (HDTV PA) (N)		Cold Blood		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	18 to Life (N)	Little Mosque	The Cult		CBC News: The National		The Hour
	214	344	7	CITY	Law and Order		How I Met	How I Met	Trauma "13" (HDTV) (N)		Chuck (HDTV) (N)		News
	212	313	8	CTV	etalk	Access H.	Hiccups (N)	Dan for Mayor	Two/Half Men	Big Bang	CSI: Miami "Dishonor"		CTV News
	218	345	11	CHCH	*A Walk to Remember* ★★ (2002, Romance) Shane West.				*When Harry Met Sally* ★★★★ (1989, Romance-Comedy)				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King/Queens	Cold Case
	213	326	15	SUN	George Lopez	The Insider (N)	*Lean on Me* ★★ (1989, Docudrama) Morgan Freeman.				The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Access H.	How I Met	Engagement	Two/Half Men	Big Bang	CSI: Miami "Dishonor"		News 4 at 11
	-	385	17	NBC	Entertainment	The Insider (N)	Chuck (HDTV) (N)		Trauma "13" (HDTV) (N)		Law & Order (HDTV) (N)		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Dancing With the Stars The contestants perform.				(10:02) Castle (N)		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Dancing With the Stars The contestants perform.				(10:02) Castle (N)		A News
	-	-	28	FOX	Judge Judy	Two/Half Men	House "Instant Karma"		24 (HDTV PA) (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Time Goes By	Rock, Rhythm and Doo Wop						Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Life Unexpected (N)		Gossip Girl (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	Life Unexp.
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		Future Earth: 2025		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report (Live)		Coca-Cola: The Real Story		Harvard Business		Biography on CNBC		Mad Money
sports	405	417	22	net	The Rookies	Skiing	Billiards: US Open 9 Ball		Best Damn Top 50 Special		Sportsnet Connected		Hockey Central
	400	400	30	TSN	NHL Hockey Pittsburgh Penguins at Detroit Red Wings. (HDTV) (Live)					Curling 2010 World Women's Championship: Canada vs. China.			
	411	457	58	OLN	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters International		Destin. Truth
	417	406	81	SC	NASCAR	NASCAR Hub	Fast Track to Fame (HDTV) (N)		Racing Chef	NASCAR	NASCAR	What's Deal?	Car Crazy
family	551	542	25	YTV	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	Things I Hate	Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		How Clean Is	Clean	Love It or List It		Love It or List It		Confidential
	570	580	29	MM	Secret Life of American Teen		America's Best Dance Crew		Degrassi: TNG	Degrassi: TNG	Springbreak.10 Wild in Cancun.		UR11
	615	520	31	A&E	Hoarders (HDTV)		Hoarders "Jake; Shirley"		Hoarders "Judi and Gail"		Hoarders (HDTV)		Kirstie Alley
	700	800	35	TLN	Centrovetrine	Sky TG 24	Carabinieri		Carabinieri		George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Behind the Music T.I.		G. Simmons
	575	583	38	CMT	Due South		Amer. Funniest Home Videos		According-Jim	According-Jim	*Moonstruck* ★★★ (1987, Romance-Comedy)		
	616	521	39	SHO	Relic Hunter		*Cleaverville* (2007, Suspense) Ever Carradine.				Bones (HDTV)		NCIS
	620	523	40	BVO	Opium	Strictly Bolshoi	Moscow's Bolshoi Ballet.		Johnny Cash Live In Montreux			Garrett Mason	Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		Nearly Dead	Newlywed	Trading Spouses		Love Inc.	Love Inc.	ET Canada
	522	506	43	HIS	Black Hawk Down		Greatest Tank Battles		Lost Worlds "The Seven Wonders" Seven Wonders.				Tank Battles
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	John Oliver's Stand-Up Show		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	For Rent	Bang, Buck	Home to Flip	Marriage	House Hunters	House Hunters	Holmes/Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Monica: Still	Monica: Still	Seinfeld	Name Is Earl	Law & Order
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Steppin: The Movie* (2009, Musical Comedy) Darius McCrary.				Family Crews	Family Crews	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Battlestar Galactica "Razor"				Stormworld
	581	566	52	MTV	Peak Season	Cribs	Cribs	Going Out, Him	Spring Break Challenges		My Life as Liz	Super Sweet	MTV Live
	618	524	54	TROP	Re-Vamped		Wipeout (N)		Wipeout (N)		Parking Wars	Parking Wars	Prod. Parker
	603	561	56	FOOD	Ricardo	David Rocco	Restaurant Makeover		Kitchen Nightmares		Pitchin' In	Glutton	Restaurant
	261	394	60	V	Murder, She Wrote		Eyes Down	Wait for God	Archaeologist	Archaeologist	Naked	Naked	Archaeologist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	Bucket-Dinos	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case		Missing "Unnatural Disaster"		The Closer (Part 1 of 2)		Cold Case		Mediums
	300	601	301	M1	(6:10) *Afterwards*		Sanctuary "Nubbins"		Spartacus: Blood and Sand		Nurse Jackie	U.S. of Tara	Wild Things (N
	305	612	306	PIX	*Ulzana's Raid*	(7:20) *Formula 51* ★★ (2001, Action)			*Raging Bull* ★★★★ (1980, Biography) Robert De Niro.				*Coming Home*
	520	146	-	DISC	Daily Planet (N)		MythBusters		Dirty Jobs (N)		Motor City Motors (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	First Class All the Way		FashionTele	RAW	FT Found Footage		Star Yearbook		1st Class Way

Star surgery
Star Jones underwent cardiac surgery Wednesday, which was related to a rarely-performed surgery she had three decades ago after developing a thoracic tumor, people.com reports. METRO WORLD NEWS

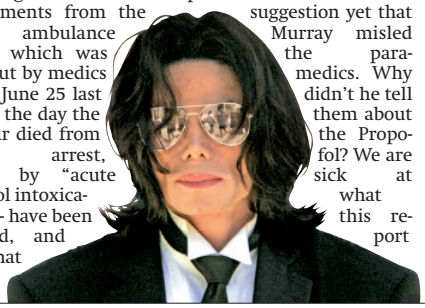
Celebrity Buzz

Proof is in the pudding

OR, IN THIS CASE, THE LEVELS OF PROPOFOL IN HIS BLOOD Dr. Conrad Murray failed to tell paramedics he had given Michael Jackson Propofol, femalefirst.co.uk is alleging.

Documents from the official ambulance report, which was filled out by medics on the June 25 last year — the day the pop star died from cardiac arrest, caused by "acute Propofol intoxication" — have been released, and state that Jackson's personal physician didn't mention he administered the anaesthetic shortly before his passing.

A family friend told the News of the World newspaper: "This is the clearest suggestion yet that Murray misled the paramedics. Why didn't he tell them about the Propofol? We are sick at what this report indicates."



Murray was charged with involuntary manslaughter over the late singer's death earlier this year. He has pleaded not guilty.

The notes written by the paramedics state they quizzed Murray about what medications Jackson was on.

However, Murray told them the late King of Pop had only taken the sedative Lorazepam and fluids to rehydrate him after he complained of being exhausted following a sleepless night.

METRO NEWS SERVICES

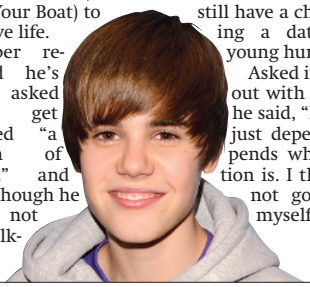
From the mouth of babes

SILLY 13-YEAR-GIRLS HAVING TOTALLY UNREALISTIC ALL-CONSUMING CRUSHES ON BOYS THEY'VE NEVER MET ... I LOVE YOU NATHAN FILLION! Ahhh, the perils of fame.

You're only 16, received a new car for a birthday present, and are adored by fans all over the world.

Such is life for singing sensation Justin Bieber, people.com muses.

In London to promote his new single Baby and album My World 2.0, the singer appeared on GMTV, where he answered questions from fans about everything from the first song he learned (Row, Row, Row Your Boat) to his love life.



Bieber revealed he's been asked to get hitched "a bunch of times," and even though he may not be walking down the aisle anytime soon, his fans — many of whom were waiting for him at the TV studios — still have a chance of landing a date with the young hunk.

Asked if he would go out with one of them, he said, "I think that it just depends — it depends what the situation is. I think that I'm not going to limit myself."

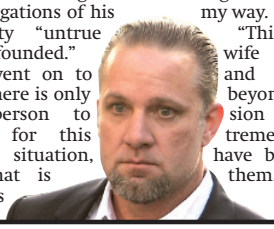
METRO WORLD NEWS

Jesse James the Outlaw

OK, NOT REALLY, BUT HE DID STEAL SANDRA'S HEART AND THEN BREAK IT INTO TINY LITTLE PIECES While not excusing his alleged behaviour, sources say Jesse James has long been "heavily targeted and pursued by women," according to People magazine.

"Those girls throw themselves at him."

James released a statement late last week apologizing to Sandra Bullock while also calling most of the allegations of his infidelity "untrue and unfounded."



He went on to say, "There is only one person to blame for this whole situation, and that is me. It's because of my poor judgment that I deserve everything bad that is coming my way.

"This has caused my wife and kids pain and embarrassment beyond comprehension and I am extremely saddened to have brought this on them."

METRO WORLD NEWS

Going gaga over lawsuits

AND COO-COO OVER CONTRACTS Lady Gaga is responding to a $30 million US lawsuit from ex-producer Rob Fusari with a suit of her own, according to the New York Daily News.

Fusari claims he came up with the singer's name and persona and co-wrote many of her hit songs.

Gaga's lawyers counter that the contract between them was invalid because Fusari was not a licensed talent agent, and they say his actions were "predatory and financially abusive."

Fusari's lawyer calls the new suit ludicrous.

"Rob was no more of an 'agent' for her than she is a Roman Catholic nun," he tells the newspaper.

METRO WORLD NEWS

A Lohan lock out?

THE HIGHER THEY COME, THE HARDER THEY FALL Lindsay Lohan's efforts for a BBC documentary may end up getting her banned from India, according to the Daily Mail. By Tweeting about her work on the production, she alerted Indian officials to the fact that she was working in the country while there on a tourist visa.

Sources say she could be barred from entering the country in the future, according to the newspaper.

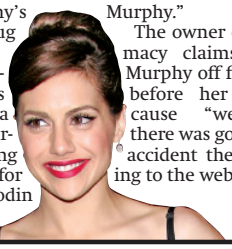
She's also been having trouble entering L.A. nightclubs; Lohan was left waiting outside new hotspot Trousdale recently, which prompted her to post on Twitter: "I've never been treated so poorly in my life."

GETTY IMAGES

METRO WORLD NEWS

Another name, another pill

RAMPANT PLASTIC SURGERIES, WEIGHT-GAIN OBSESSIONS, PREVALENT PILL POPPING ... LIVING IN L.A. — IT'S WHAT EVERY LITTLE GIRL DREAMS OF More details are coming to light about the extent of Brittany Murphy's prescription drug intake.



Murphy was receiving 200 pills a month from a Los Angeles pharmacy, including prescriptions for painkiller Vicodin and anti-anxiety drug Klonopin, according to TMZ.

Some months, twice that amount would be delivered to Murphy, who had the medication prescribed to an alias, "Lola Manilow Murphy."

The owner of the pharmacy claims they cut Murphy off four months before her death because "we thought there was going to be an accident there," according to the website.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

CONAN O'BRIEN celebrates small victories, **JUSTIN BIEBER** isn't giving up that easily, **TYRA BANKS** is tired, and **NATHAN FILLION** is offering himself as an alternative.

@ConanOBrien
Sweet victory! I'm now trending higher than my twitter nemesis, Justin Bieber. Who's the tween heartthrob now?

@justinbieber
@conanobrien ur chess moves r savvy...but in the end I will take your queen...it's begun my friend...oh it has begun (evil laugh place here)

@tyrabanks
My butt was awake til past 4am last night and now I can hardly keep my eyes open. Smizing is nearly impossible right now.

@NathanFillion
Dear Sandra Bulloch, I am currently single, and terribly loyal. When you're ready. Nathanhappier place.

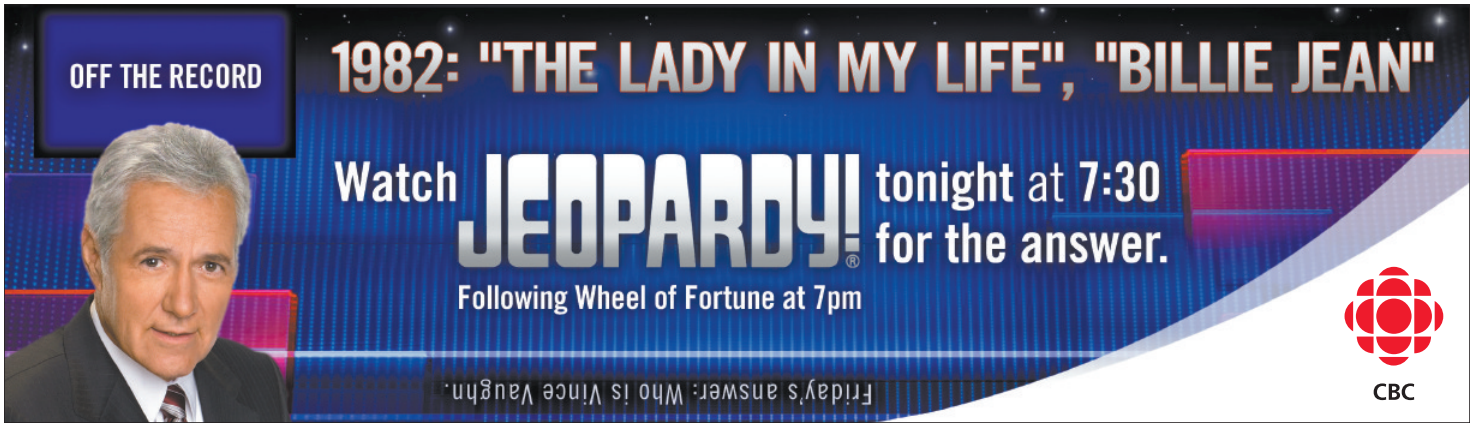
METRO NEWS SERVICES

It's not me, it's you

THE INDUSTRY HAS UNREALISTIC EXPECTATIONS? YOU DON'T SAY Kirstie Alley remembers auditioning for Fatal Attraction and being told she was overweight, according to Popeater. "When I went in to meet with Adrian Lyne, I weighed about 125. He told me to go home, lose at least 10 pounds and he wanted to see me in two weeks. I got down to 114," she says, though she still didn't get the role.

"The industry is psychotic."

METRO WORLD NEWS



The Weather Network ©The Weather Network 2010

Today Variable 8°/ 3°

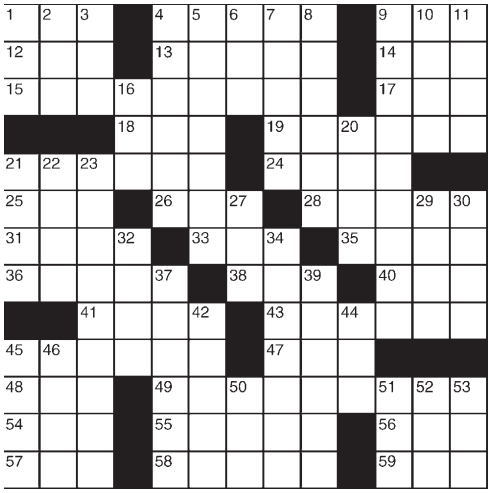
Tuesday Rain 90% 7° / -1°

Wednesday Partly cloudy 8°/ -3°

TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



ACROSS

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50 Coffee vessel
51 Shade provider
52 Science workshop
53 Hot tub

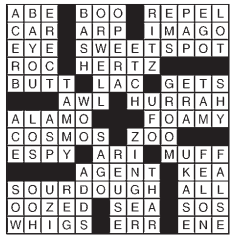
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		6				9		
	5		9		7		4	
4	7						8	1
		3	4		2	8		
5								7
		2	1		5	6		
6	3						1	8
	9		6		8		5	
		8				3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



9	4	3	2	5	6	7	1	8
1	7	2	9	8	4	5	6	3
8	6	5	3	1	7	4	9	2
6	5	4	7	3	8	1	2	9
2	3	8	1	4	9	6	5	7
7	9	1	5	6	2	3	8	4
4	2	7	6	9	1	8	3	5
3	8	6	4	2	5	9	7	1
5	1	9	8	7	3	2	4	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Beef Salad

INGREDIENTS:

1/2 tsp salt
1 small red onion, halved and thinly sliced
100 g radishes, sliced
1 thick-cut lean rump steak, trimmed of fat
1 tbsp olive oil
1/4 tsp dried mixed herbs
2 tbsp walnut oil
1 tbsp balsamic vinegar
4 celery stalks, sliced on diagonal
125 g bag of mixed lettuce leaves

METHOD:

1. Stir salt into bowl of cold water until dissolved. Add onion and radish slices and leave to soak while cooking steak.

2. Heat nonstick frying pan until hot. Pat steak dry with paper towel. Rub steak on both sides with 2 tsp of olive oil, then season with herbs and some black pepper. Cook steak for 2 1/2–3 1/2 minutes per side. Transfer steak to board and leave to rest.

3. Whisk remaining olive oil, walnut oil and vinegar together. Cut steak into slices about 1/4 in. thick. Pour collected juices into dressing.

4. Drain onion and radishes well, put into large bowl; add dressing with celery and beef. Gently toss. Divide salad among four plates, then spoon over beef mixture. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Choose an approach and stick with it. If you muddle up your options the outcome will be confused, but if you act decisively you will get results.

TAURUS ♉
APRIL 21-MAY 21
Make a detailed plan for the week ahead. Set yourself targets that are difficult but not impossible. You need to be challenged.

GEMINI ♊
MAY 22-JUNE 21
Do something daring today the more others tell you to take it easy the more you will do the opposite. And why not? Excitement is your middle name.

CANCER ♋
JUNE 22-JULY 22
The harder you push yourself the more you will achieve. This is not the right time to take things easy. This is not the right time for a rest.

LEO ♌
JULY 23-AUG 23
Make something old look new again today. It is part of your skill to make even the most jaded of things look fresh, and that applies to relationships.

VIRGO ♍
AUG 24-SEPT 22
If you ask the same old questions you will, inevitably, get the same old answers. You need to adopt a more adventurous approach today.

LIBRA ♎
SEPT 23-OCT 23
Trying to conform to the way other people would like you to be is a pointless exercise. Be yourself if you want to be happy.

SCORPIO ♏
OCT 24-NOV 22
It may seem as if every negative event is in some way personal but that's highly unlikely. Sometimes you can be too touchy for your own good.

SAGITTARIUS ♐
NOV 23-DEC 21
You are in one of your get organized moods today and you know from experience it won't last long, so make use of it while you can.

CAPRICORN ♑
DEC 22-JAN 20
You still seem to be worrying that you are not quite good enough to compete at the highest level. That's rubbish. You are better than your rivals.

AQUARIUS ♒
JAN 21-FEB 18
If you have been thinking about travelling abroad or maybe even moving from your present environment, now is the time to get serious about it.

PISCES ♓
FEB 19-MARCH 20
Start the week in a positive frame of mind. The world is what you make of it. Imagine everything is perfect — and it will be.

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